

*A New years Gift*



*A broken heart it is a Sacrifice  
which thou o God j know dost not despise*

*F. H. Van. Houe Sculp*

*New Bowditch*  
New-years-Gift

Composed of

PRAYERS

AND

MEDITATIONS,

WITH

Devotions

FOR

Several Occasions.

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The Second Edition.

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L O N D O N :

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## The Preface.

**I** Present you with this short Treatise ; carry it in your hand as a Clock which a great Prince wore in a Ring : It striketh every hour of the day, and agreeth with Reason, as true Dials with the Sun.

If you read it with attention , you will finde it Great in its Littleness, Rich in its Poverty, and Large in its Brevity.

If your minde be fram'd for the most solid Entertainments of Devotion, this will delight thee , and carry thee on smoothly in thy Regular Course, and learn thee that sure, but happy skill of wor-  
A 3 king

## The Preface.

king in thy Soul the Vertues  
thou desirest.

Upon the Wings of De-  
votion thou mayst soar up to  
Heaven, and flie away from  
the Troubles and Cares of  
this Life.

May this little Manuel  
be to the Reader of that con-  
sequence, as to increase his  
Piety and Devotion; and  
may he weigh what he  
reads with that serious-  
ness which befits a thing  
wherein both his Happiness  
and Duty is concern'd.

I shall now conclude with  
the words of the Royal Prea-  
cher, Eccl. 12. v. 13. Fear  
God, and keep his com-  
mandments, for this is the  
whole duty of man.



A

## New-years-gift.

---

*A Prayer for New-years-day.*

I.

**O** Blessed Lord,  
who, as upon  
this day, re-  
ceivedst the  
holy Name of *Jesus*, and  
undertook'st for me the  
Smart of Circumcision;  
grant unto me the true  
Circumcision of the Spi-  
rit, that my heart and all  
my members being mor-  
tified from all worldly and

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car-

*A Prayer for*

carnal Lusts , I may ever obey thy blessed will in all things to my lives end.

## I I.

This day was given my Saviour *a Name above every Name, that at the Name of Jesus every knee should bow, both of things in Heaven, things on the earth, and things under the earth.*

## I I I.

And because there is no other Name under Heaven given unto men, by which they may receive Health and Salvation , but thine onely ; dear Jesus, be thou henceforth unto me a Jesus , giving me always thankful Eyes, obedient Knees , and a reverential Heart

*New-years-day.* 3

Heart unto thy sweet and saving Name, that now I may begin a new year of Virtues, and cancel by Repentance all the failings of the old.

I V.

And teach me, I beseech thee, O Lord, with readiness and humility to obey thy sacred Laws, how cross soever to my unmortified Passions; and in all my Necessities, with joy and confidence to call on that holy Name, since whatsoever I shall ask, I am promised shall be granted, through the Merits of Jesus Christ my onely Saviour and Redeemer.

*Our Father, &c.*

A 5

Eja-

*Ejaculations for the morning.*

1. **A** Rise, thou that sleepest (arise, my dull and drowsie Soul) and Christ will give thee Light.

2. To thee, O Lord, do I lift up my Eyes, my Hands, my Heart, from this Bed where my Body hath taken its nightly Repose, towards thy Heaven, where my Soul expects her eternal Rest.

3. My voice shalt thou hear betimes in the morning; in the morning will I direct my Prayer unto thee, and will look up.

*Morning Prayer.* 5

4. I confess, O Lord, that I am utterly unworthy to enjoy this blessed Light, which I have so much abused to thy great dishonour; much more the light of Grace, by which thou ledest me to that of Glory: and that it were more just with thee, for ever to deprive me of these happy Lights, and to expose me to the Terrours of eternal Darkness.

*Morning-Prayer.*

I.

O Almighty God, I acknowledge and confess that I am less than the



6 *Morning-Prayer.*

the least of all thy Mercies, and am unworthy of the least Crum that falls from the Table of thy ordinary Providence. I praise and bless thy glorious Name, that thou hast preserved me from the dangers and perils of this night, and continued to me still the opportunities of serving thee.

I I.

I am unworthy, O Lord, of those common Favours which thou vouchsafest to the Birds of the Air, and to the Lilies of the Field, to be cloathed, and to be fed; how much more, O Lord, unworthy am I to appear in thy pre-

*Morning-Prayer.* 7

Presence, to call upon thy great and glorious Name with any confidence that thou wilt hear my Prayers and grant my requests! And as I am unworthy, so I am altogether unable to perform any holy duty that may be pleasing and acceptable in thy sight.

III.

But I come unto thee in the Name of thy dear Son, who is most worthy, in whose Name thou hast promised to grant unto me whatsoever I shall ask: I come unto thee, O Lord, in his Name at this time, for the assistance of thy holy and blessed Spirit, who is able to supply all my

*Morning Prayer.*

my weakness and insufficiency. There is nothing, O Lord, hath betrayed me, but my sins; therefore in the sincerity of my heart, I do desire to spread them before thee at this time, by an humble and sincere confession of them.

## I V.

I acknowledge, O Lord, to thy glory and my own shame, that thou madest me upright, but I have sought out many inventions, and have lost that glorious Image of thine, wherein at first I was created; and I have contracted many vicious habits, whereby I am prone to evil, and that continually.

I have not endeavoured to  
cleanse my self from all  
filthiness of flesh and spi-  
rit, neither made a Cove-  
nant with my eyes, nor  
kept the door of my lips,  
but have been abominable  
in all my ways.

V.

Yet, O Lord, let me  
come from the Throne of  
thy Justice to thy Mercy-  
seat, and hear the voice of  
the blood of thy Son Je-  
sus Christ, that speaketh  
better things than the  
blood of *Abel*. Fit and  
prepare me for all the  
Changes and Chances of  
this mortal life. Give  
me, O Lord, I beseech  
thee, a contented minde

in

in all Estates whatsoever  
 that I may say with the  
 Royal Psalmist, *My heart*  
*is fixed, O God, my heart*  
*is fixed, I will sing and*  
*give praise.* Keep me, O  
 Lord, this day without  
 sin, and from all danger;  
 and bless both my going  
 out and coming in. And  
 this I beg for Jesus Christ's  
 sake, my onely Saviour and  
 Redeemer. *Amen.*

*Our Father, &c.*

*Ejaculations at going forth.*

1. **M**Any have passed  
 out of their  
 Houses in perfect health  
 and never returned home  
 alive. From a sudden and

vio-

*Ejaculations.* 11

violent death, good Lord deliver us.

2. Lord, guide me through all the passages of this day, and direct me, that whatsoever I take in hand, I may aim at the end (which is thy Glory) and thy Law be my delight all the day long.

*Ejaculations for the evening.*

1. **L**ighten my eyes, O Lord, that I sleep not in death, but that I may awake with the morning-light, to thy glory.

2. Forgive those actual sins which this day-light hath witnessed: Lord, give me a godly sorrow for them,

them, a perfect hatred against them, and a fixed constant resolution to forsake them.

3. Make me careful, O Lord, for the time to come and to be busie about my own Salvation, that I may be like the good servant in the Gospel, that when my Lord cometh, he may find me so doing.

4. As I uncloath my body of these earthly garments, O Lord, uncloath my Soul of ill habits and idle affections, and keep me this night in the arms of thine abundant mercy, for the sake of thy Son Jesus Christ, my alone Saviour and Redeemer.

*Eve*

Evening-Prayer. 13

Evening-Prayer.

I.

**O** Eternal God , who dwellest in that Light which no mortal eye can approach unto , yet humblest thy self so far as to behold things here below ; I thy unworthy Servant , who am sinful dust and ashes, do here in all humility prostrate my self before thee, desiring pardon and forgiveness for all my transgressions , which are sins without number, besides the original guilt contracted by the disobedience of my first Parents, and derived unto me in my



14 *Evening-Prayer.*

my mothers womb, where  
in I was conceived in sin  
and thence brought forth  
in iniquity.

II.

For which, as soon as  
I was born, thou might-  
est have fann'd me like  
chaff from off the face of  
the earth, into the Lake  
that burns with Fire and  
Brimstone: yet, as if all  
this had not been enough  
to undo me, I have, ever  
since I have been born, so  
corrupted my ways, and  
that continually, as if I  
were born to do nothing  
else but sin: my secret sins,  
my sins of incogitancy and  
of ignorance, my sins of  
infirmity, have defiled my  
soul;

Even

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oul; how much more then  
ave I polluted it, and  
rovoked thee, by sins of  
vilfulness and of malice,  
gainst the many motions  
f thy Grace, and against  
he checks of my own  
onscience!

III.

O Lord, when I con-  
fess my sins unto thee, I  
sin even in the very con-  
fessing of them; and act  
them over again, by re-  
membring of them with  
too much delight, and by  
speaking of them with too  
little remorse: and when  
I pray that thou wouldst  
forgive me my sins, I sin  
in praying, through dead-  
ness, dulness, and drowsi-  
ness

ness of spirit; through idle thoughts, and wandring imaginations; through unbelief, and misbelief: So that even my prayers turn into sin; that when I have done praying, I had need fall down upon my knees again, and intreat pardon for my prayers.

## I V.

If thou, Lord God should'st be extream to mark what is done amiss, Lord, who were able to abide it? and yet how shall I escape it? for whither shall I go from thy presence, or whither can I fly from thy Spirit? If I climb up into Heaven thou art there; if I descend

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down into Hell, thou  
art there also; if I take  
the wings of the morning  
and fly into the utmost  
parts of the earth, even  
there shall thy hand find  
me: if I say, Pradventure  
the darkness shall cover  
me, darkness is no dark-  
ness with thee; for the  
night and day to thee are  
both alike: there is no-  
thing can, O Lord, fall  
upon me but thy Wrath,  
nor nothing cover me but  
my own confusion.

V.

O Lord, pardon in me  
what ever is amifs, & give  
me strength to overcome  
all assaults and temptati-  
ons. And I beseech thee  
to

to accept the humblest and my  
knowledgment of a thank our.  
ful heart for thy provi  
dence and tender care o  
me this day: for unle Ejac  
thy mercy and grace ha  
been my guide and de i.  
fence, I had committed o 2  
more grievous sins again flee  
thy divine Majesty, and hea  
had been swallowed up for con  
ever by thy just Wrath Cod  
and severest Judgment. JES  
Defend me, O Lord, from me  
all calamities I have de ver  
served; and protect m gen  
soul, that it consent not to dar  
any works of darkness of  
Keep me this night in th of  
fear, that at last I may d of  
in thy favour, through th  
mediation of Jesus Christ  
m

my onely Lord and Savi-  
our. *Amen.*

*Our Father, &c.*

*Ejaculations at going to bed.*

**A**ND now compo-  
sing my Body to  
sleep, O Lord, keep my  
heart waking, that it may  
contemplate upon thy holy  
Commandments.

2. Protect and defend  
me, O Lord, by thy hea-  
venly Grace, from all dan-  
gers this night, and all the  
days of my life, in the hour  
of Death, and in the day  
of Judgement.

**B** *Sun-*

*Sunday - mornings  
Meditations.*

## I.

**C**ome, let us lay aside the Cares of this world, and take into our mindes the Joys of Heaven; let us empty our heads of all other thoughts, and prepare that upper room to entertain our God.

## II.

Retiring from the many distractions of this life, and closely recollecting all the forces of our Soul, to pursue in earnest that one necessary Work, the

securing  
Kingd

Mis

Lord,  
else,  
taste  
serable  
can nu  
trace o  
Planets  
O Lor  
wise,  
thee,  
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Sen  
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us to  
forth t  
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to thy

securing to our selves the  
Kingdom of Heaven.

III.

Miserable are they, O  
Lord, who study all things  
else, and never seek to  
taste thy sweetness; mi-  
serable, though their skill  
can number the Stars, and  
trace out the ways of the  
Planets: To know thee,  
O Lord, is to be truly  
wise, and to contemplate  
thee, the highest Lear-  
ning.

IV.

Send forth thy light, O  
thou Morning-star, and lead  
us to thy holy hill: Send  
forth thy Truth, O increa-  
sed Wisdom, and bring us  
to thy blessed Tabernacle.



22 Prayers for Sunday.

A Prayer for Sunday  
morning.

O Eternal God, pre-  
pare my Heart to  
seek thee, and accept this  
my Morning - Sacrifice  
though weak and imper-  
fect. I have too often  
sinned in absenting from  
Thy House; but more often  
and more grievously in  
frequenting it, by coming  
carelessly and out of cus-  
tom, by unbeseeming ge-  
stures, cold Prayers, and  
heartless hearing. Lord  
let this days Rest of my  
Body, bring to my re-  
membrance that eternal  
Rest of my Soul; and

*Prayers for Sunday. 23*

me come before thee with  
a sacrific'd and humble  
Soul, with a wounded and  
contrite Spirit.

*A Prayer for Sunday-noon.*

O thou God of infinite  
Compassions, how delight-  
ful to me was the Musick  
of thy Gospel, and char-  
ming to my wounded  
Spirit! Lord, let it raise my  
soul above the reach of all  
earthly vanities; each word  
that I heard this day was  
of weight; and if I become  
not more holy by those  
heavenly improvements,  
I shall certainly become  
more sinful by my careless  
neglecting of it: but let me  
B 3 still

24 Prayers for Sunday.

still be hoping, O Lord, in  
thy assisting grace, in all  
temptations.

A Prayer for Sunday-night.

O God, the Father of  
our Lord Jesus Christ,  
who art infinite in Power  
and Majesty, as thou art  
in Mercy and Compassi-  
on; thou madest Heaven  
and Earth, and all things  
therein contained, and  
that of nothing, in the  
space of six days; on the  
seventh day thou didst  
rest, and by thy own ex-  
ample didst consecrate the  
same as a day of Spiritual  
Rest and Recreation to  
thy people, and afterwards  
didst

*Prayers for Sunday. 25*

didst renew it by the Authority, Practice, and Example of thy blessed Apostles, and especially of thy blessed Son Jesus Christ, who perfected the work of our Redemption by his glorious resurrection: Accept, I humbly beseech thee, for his sake, this my evening-sacrifice of prayer and praise: which though in great weakness, yet in the uprightness of my heart, I do offer up unto thy Majesty, in his Name in whom only thou art well pleased, my Lord and Saviour Jesus Christ.

*Amen.*

**B 4**

*Medi-*

## Meditations for Mondays

**H**appy are they, O glorious Lord, who every where adore thy Majesty; & that live on Earth, as in the sight of the King of Heaven; and every moment have God in their thoughts.

**II.** The unlimited eye of the great Almighty looks down to this lower world, and beholds all the ways of the children of men: if we go out, he marks our Steps; and when we retire,

retire, our closet excludes not him.

III.

While we are alone, he mindes our contrivings, and the ends we aim at in all our studies; when we converse with others, he observes our deportment, and the good we do them or our selves.

IV.

All the day long he considereth how we spend our time; and our darkest Night conceals not our works from him: If we deceive our neighbour, he spies the fraud, and hears the least whisper of a slandering Tongue.

*A Prayer for Munday-morning.*

**O** Most gracious God, thou art my onely happiness for ever: I see my portion hereafter depends on my choice here; but my choice, O Lord, depends on thee. Guide me with thy holy Grace, that I withdraw my affections from all vanities here below, and fix them upon Heaven and heavenly things: Teach me what is acceptable in thy sight, that I may know my end, and wisely chuse my way, and order all my actions to thy Glory; through

through Christ our Lord.

*A Prayer for Munday-noon.*

O holy Lord, who requirest truth in the inward parts, keep me from relapsing into sin which thy Grace hath rooted out; deliver me from all malice and enmity with my Neighbours, and from oppressing the poor, who have none to defend them: then may I expect thy protection. Thou art my strength, O Lord, whom shall I fear? thou art my salvation, of whom then shall I be afraid? Nothing can hurt me but my own vicious desires, nothing

can



can endanger me but my disobedience to my Maker ; which God avert, for his Son Jesus Christ his sake, my Saviour and Redeemer.

*A Prayer for Monday-night*

O Lord, who art ever present to all that thou hast made, still watching to improve us in the ways of thy holy Commandments ; check my inclinations to folly, and encourage my pursuit to true good ; make me always feel my self under thy sure protection from all dangers, and within free reach of thy gracious Ear ; that  
what-

whatever real good I faithfully ask, and use my just endeavours to request of thee, I may attain the same, through Christ our Lord. *Amen.*

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*Meditations for Tuesday.*

I.

**L**ord, how secure and quiet they live, whom thy Grace continually preserves and protects! The day goes smoothly over their heads, and silent as the shadow of a Dial; the Spirits of their fancy run calm and even, and ebb and flow in obedience to Reason;

son ; all their delight is to think on Heaven, and reckon o're the joys they shall one day possess.

## I I.

Till some unruly passion press to come in , and by its fauning outside gain admittance : it promises at first all joy and happiness, but soon discovers its pernicious intent ; soon it grows bold to undermine their repose, and open a door to all their enemies.

## I I I.

So , at a little breach of a City - wall, a whole Army pours in their numerous Body , enslaving all that submit to their violence, and destroying all that

that make head to resist  
it: and such, alas, is their  
confusion, when once they  
have yielded to the first as-  
sault, immediately a throng  
of tumultuous spirits croud  
into their heads, and ut-  
terly consume the little  
remnant of their Peace.

*A Prayer for Tuesday-mor-  
ning.*

**L**ord, I beseech thee,  
grant me thy holy  
Spirit, that I may with-  
stand all temptations and  
assaults which utterly con-  
found the Government  
and Peace of my Soul:  
Lord, let thy Grace, which  
is sufficient for me, for-  
tifie

tifie me against the will  
of the Devil or man, for  
thy son Jesus Christs sake.  
*Amen.*

*A prayer for Tuesday-noon.*

O Lord, whose merci-  
ful providence makes easie  
the laborious course of our  
lives, with constant con-  
veniencies and seasons of  
repose; vouchsafe me, I  
humbly beseech thee, to  
protect me the remaining  
part of this day; and grant  
that reflecting with hear-  
ty contrition on every  
step I have made awry,  
and with a thankful ac-  
knowledgement for those  
thou hast led me aright,

I

may henceforth be rendered more weary of my deviating inclinations, and more attentively obsequious to the steady guidance of thy Grace, through my Lord and Saviour Jesus Christ. Amen.

*A Prayer for Tuesday-night.*

Most mighty God, I beseech thee give thy Angels charge over me, to keep me in all my ways, that no evil happen unto me, nor any plague come nigh my dwelling. Grant me a moderate and refreshing sleep, such as may fit me for the duties of the day following. make

36 *Meditations for*

make me always mindful  
of my latter end, that when  
I die, I may die unto the  
Lord, and my soul may rest  
in hope. *Amen.*

---

*Meditations for Wednesday*

I.

**O** The distraction of  
a life led by hu-  
mour, and the  
miserable thralldome of be-  
ing subject to our passi-  
ons! How often do they  
engage us to contend with  
others, and imbitter all  
our days with strife and  
envy! How often do they  
quarrel among themselves  
and raise a war in our own  
bosomes!

I I. II

## II.

If they by chance agree  
in one desire, they many  
times vex us by their be-  
ing disappointed; if they  
perhaps sometimes suc-  
ceed, they seldome pro-  
duce the expected con-  
tent; if they delight our  
corrupted taste, and we  
greedily swallow their un-  
wholesome sweetness,

## III.

Then 'tis, alas, they  
most of all undo us, by  
feeding the humour of our  
fatal disease. Vain at the  
best, and short, are the en-  
joyments of this world;  
which after a little flattery,  
betray us into ruine: save  
us, O Lord, or else we  
perish;



perish ; awake, and witness  
thy speedy Mercy rescue  
thy Servants ; send down  
thy powerful Grace to puri-  
fain our part, and thoro-  
ly reduce these unquiet  
disorders.

*A Prayer for Wednesday Morning*

**L**ord, what am I but  
a friend of this pro-  
fane evil world ; and  
enemy to thee ? I am  
Child of wrath, and a Son  
of darkness ; let not moun-  
tains of sin oppress me,  
or the world with the  
baits of vanity. So cheer  
me, that I may never like  
an Eagle fly to the Car-  
case.

wisdom, but be able to cry  
for help to thee, who art  
the only bright Morning-  
star, that art wont to spread  
forth the beams of com-  
fort unto the needy in ex-  
tremity. Amen.

*A Prayer for Wednesday-  
noon.*

O Lord, give me wings  
of Faith to flie unto thee ;  
and pour upon me the  
dew of thy Blessings, that  
I may bring forth the  
fruits of holiness : Teach  
me, O Lord, the way that  
I should go, and guide me  
and direct me by thy holy  
and blessed hand ; and  
grant : that these my Peti-  
tions

tions at this time, may  
 for the better, and not  
 the worse; and be thou  
 Lanthorn unto my feet,  
 a Light unto my He  
 that I may never erre  
 stray from thy Comman  
 ments. *Amen.*

*A Prayer for Wednesday  
 night.*

O most merciful and  
 glorious Lord God, tea  
 me so to govern and ve  
 my life, that I may sleep  
 peace and rest with thee  
 hide me under the shade  
 of thy Wings, that I m  
 rest quietly, void of  
 fear; spiritual darknes  
 danger, and despair: com

Wednesday. 41

Fort me in all afflictions, by  
sanctifying of them to  
me; that whatsoever is  
said upon me as a father-  
ly correction; I may pa-  
tiently bear as a dutiful  
childe, through Christ my  
Saviour. *Amen.*

---

*Meditations for Thursday.*

I.

**D**eliver us, O Lord,  
from asking of  
thee what we  
cannot receive without  
danger to our selves; and  
from receiving what we  
cannot use, without of-  
fending others, and ruin-  
ing our own Souls.

II. De-

I I.

Deliver us from  
 turning so on thy boun  
 that we omit to perfor  
 our own duty: still to  
 Devotions let us joyn  
 best endeavours, and ma  
 our Earth comply w  
 thy Heaven.

I I I.

If we desire of thee  
 relieve our necessities,  
 us faithfully begin to  
 bour with our hands,  
 not expect a blessing fr  
 the Clouds, on the  
 follies of an undisciplin  
 life; but heartily des  
 that the succeeding  
 may learn to grow w  
 and correct its faults  
 experience of the past.

A Prayer for Thursday-  
Morning.

O Lord God, who by  
thy Almighty pow-  
er didst bring water out  
of a Rock; I beseech thee,  
unite the stony Rock of  
my Heart, and make the  
water of a true and of an  
unfeigned Repentance to  
gush forth: Give me that  
godly sorrow that may  
work Repentance never to  
be repented of: Help me,  
O Lord, to carry all my  
sins even with sorrow to  
my grave; and yet, O  
Lord, not with the sorrow  
of Anxiety or Desperati-  
on, but with the sorrow  
C of

of Contrition, Humiliation, and of an unfeigned penitance. Amen.

*A Prayer for Thursday noon.*

O heavenly Father, thou art gracious and merciful, thou knowest whereof I am made, and remembreth that I am dust; be not wroth with me, O Lord, neither remember my iniquities ever: for I am utterly shamed of the sins I have committed, and am confounded for the pleasures I have chosen. O make me penitent, careful as the watches of the night, that

I may never return to the  
folly whereof I am now  
ashamed, but that in Ho-  
nour and Righteousness  
I may serve and please  
thee all my days, work-  
ing out my own Salvation  
with fear and trembling.  
*Amen.*

*A Prayer for Thursday-  
night.*

Almighty God, who  
createst nothing that thou  
hast made, and wouldest  
not the death of a sin-  
ner, but rather that he  
should repent and be sa-  
ved: Though the Tree be  
barren, let not the decree  
go forth to cut it down,  
C 2 but



but spare me, good Lord  
spare me whom thou hast  
redeemed with thy most  
precious Blood, and be  
not angry with me for  
ever; though I have kindled  
a Fire in thy anger  
yet let it not burn to my  
utter destruction. Thou  
art a God of Mercy and  
Compassion, pardoning  
iniquity, transgression, and  
sin; oh pass by all my  
transgressions, and receive  
me graciously; Enter  
into Judgement with me  
neither say thou hast  
pleasure in me; but,  
Lord, preserve me from  
for the time to come:  
without thy Grace pre-  
venting me, I cannot

sin,  
but  
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Ma  
for

Friday.

47

sin, whose wages is death,  
but thy Gift, O Lord, is  
Eternal Life. Amen.

---

*Meditations for Friday.*

I.

**O** Thou our graci-  
ous and indul-  
gent Father, who  
freely pardonest all that  
freely repent, who givest  
repentance to all that ask,  
and invitest all to ask by  
promising to give; make  
us seriously search into our  
own Breast, and heartily  
lament our many failings.

II.

Make us search diligent-  
for our bosom-sins, and

C 3

strive

strive to cast them out by  
 prayer and fasting. All  
 we can offer thy offended  
 Majesty to pacifie the ju-  
 stice of thy wrath, is only  
 an humble eye bath'd  
 tears, and a penitent heart  
 broke with contrition.

### III.

Only a firm resolve  
 change our lives. And  
 even all this we must  
 of thee. Preserve us, O  
 Lord, by thy power  
 Grace, that no temptation  
 surprize or overcome us.  
 Reclaim our wandering  
 fancies, and guide and  
 them to attend thy  
 vice.

Prayers for Friday. 49

A Prayer for Friday-  
morning.

**O** Eternal God, thou  
seest all my desires,  
and my continual groan-  
ings are not hid from  
thee; thou alone knowest  
how weary I am of the  
Annoying Travels of this life,  
how earnestly I long to  
be at rest with thee:  
O Lord, pardon all my sins,  
and put an end to all my  
Miseries. Come, Lord Je-  
sus, come quickly, wipe a-  
way all tears from mine  
eyes, and bring me to that  
rest of thine which never  
shall have end. Amen.

## A Prayer for Friday-noon.

O thou God of infinite  
 compassions, look not up  
 on those infinite failings  
 of my sinful nature,  
 behold me in the beauty  
 and perfection of thy ble  
 sed Son: Teach me,  
 Lord, to see the Rebellion  
 of my own wicked heart  
 by his perfect Obedience  
 my sinfulness, by his Right  
 eousness, my misery,  
 his Mercy: Lord, open  
 mine eyes, that I may  
 see the foulness and the  
 thinness of sin, and app  
 hend the greatness of  
 Wrath against it.

A Prayer for Friday-night.

O holy Lord, who art  
the onely Keeper of thy  
people *Israel*, that neither  
lumberest nor sleepest;  
while darkness now co-  
vers the face of the Earth,  
receive my body and soul  
into thy custody, and be  
pleased in thy tender Mer-  
cy to watch over me this  
night: Lord, grant that  
I sleep not in sin, or pre-  
mit any opportunity of  
serving thee: fit and pre-  
pare me always for my  
latter end, before I go  
hence, and be no more  
seen. *Amen.*

---

*Meditations for Saturday*

I.

**T**each me, O Lord  
that safe and cer-  
sive method of  
censuring my self, to be  
acquitted by thee; every  
night let me sit as an im-  
partial Judge, and call  
before me all my day  
let me severally examine  
every thought and word  
and strictly search every  
deed and omission.

I I.

Imploring for the time  
past, the Mercy of Heaven  
and for the time to come  
the same unbounded mercy

*for Saturday.* 53

cy. If I perhaps finde  
some little thing well done,  
when weigh'd with the  
allowance indulged our  
frailty, let me return all  
the glory to my God, and  
beg his Grace to continue  
and improve it.

III.

His is the Hand that  
sowes the Seed, his is the  
Blessing that gives the In-  
crease ; thus let me once  
a day, at least, look home,  
and seriously enquire into  
the state of my soul: what  
e're my weakness or ma-  
lice may have done, let  
me now undo with a hear-  
ty contrition.

IV.

Let not the Sun go  
down



down upon my wrath  
 nor on any other un-  
 penitent sin: still let me  
 write at the foot of my  
 account, Reconcil'd to  
 God, and in charity with  
 all the world; then go to  
 bed with a quiet Consci-  
 ence, and fall asleep in  
 peace and hope.

*A Prayer for Saturday  
 Morning.*

**O** God, the Father  
 of all Mercies, the  
 fountain and Well-spring  
 of all perfect happiness,  
 I thy most unworthy crea-  
 ture, by reason of my  
 great and innumerable

transgressions, yet invited  
by thy essential goodness  
and Commandment, I do  
with all reverence and  
humble confidence ap-  
proach to the Throne of  
Grace, begging of thee, for  
the passion of my dearest  
Lord, to remove my sins  
as far as the East is from  
the West, and to remem-  
ber them no more, lest thou  
smite me in thy jealousy,  
and consume me in thy  
Wrath and Indignation,  
which by my manifold sins  
and transgressions I most  
justly have deserved to feel,  
and sink under to eternal  
ages.

## II.

I confess, O Lord, thy glory, who so long hast spared me, and to my own shame, who so long hast resisted and despised thy glorious a mercy, that I am the vilest of sinners and the worst of men; a lover of the world, a neglecter of Religion, and an undervaluer of its interests; being passionate for Trifles, and indifferent for eternal Treasures. I am proud, and envious, lustful and intemperate, prodigal of my time, and covetous of money; greedy of sin, but loathing thee, great, the Bread that came down from Heaven.

Will

Willing I am to suffer any  
 thing to please my senses,  
 and to satisfy ambition,  
 or to purchase the world ;  
 but am neither willing to  
 do or suffer any contra-  
 diction for the Law of  
 God.

III.

In prosperity I am im-  
 pudent and proud, in ad-  
 versity pusillanimous and  
 cowardly , ready to pro-  
 mise any thing in the day  
 of calamity ; but when  
 thou bringst me to com-  
 fort , I forget my duty,  
 and do just nothing. In  
 all my Conversation I am  
 uneven , soon disturbed,  
 quickly angry, not quickly  
 appeased , petulant and pee-

peevissh, and disorder  
by a whole body of sin  
and evil is my portion  
am an heir of wrath,  
firmity, and folly, shame  
and death is my inheri-  
tance.

## I V.

But, O Lord, leave me  
not to the sinful Counsell  
of my own Heart : Send  
scourges over my thoughts  
and the Discipline of wis-  
dom over my Heart, lest  
my ignorance increase, and  
my sins abound to my de-  
struction. Lord, let my  
repentance be speedy and  
perfect, bringing forth the  
fruits of a holy conver-  
sion : give unto me  
Faith that shall never  
cease.

ease, a Confidence in thee  
 that shall never be dis-  
 composed, a Patience that  
 shall never faint, and a  
 noble Christian - Courage  
 to confess thy holy Name.  
 That in all Changes and  
 Accidents I may be thy  
 servant, and thou mayest  
 take delight to pardon me:  
 Sanctifie me, and save me,  
 that I may rejoyce in the  
 mercies of God in the day  
 of recompence, at the glo-  
 rious appearing of our  
 Lord Jesus, in whose name  
 I conclude these my im-  
 perfect Prayers. Amen.

*A Prayer for Saturday*  
*noon.*

I.

O Almighty God, constrain my ghostly enemies and give me all sorts of it spiritual assistance; let Faith be the parent of a good life, and a strong shield to repel the fiery darts of the Devil; be the Author of a holy hope, of modest desires, of confidence in thee, my God, and of a never-failing charity to all the world.

II.

Lord, give me grace to spend the remainder of my days to thy glory, that

may not onely labour to  
 have my sins pardoned,  
 but also strive to have so  
 much favour with thee,  
 that before my death I  
 may have my sins forgive-  
 ments assured: And grant,  
 if it be thy blessed will,  
 that I may betake my self  
 to do that one thing ne-  
 cessary, that I may not  
 have my Oyl to buy when  
 I should have it to burn.  
 Teach me, O Lord, that  
 sickness is a time not to  
 do, but to suffer; grant  
 that I may see the books  
 cross'd in my health, that  
 at my death I may resigne  
 my Soul into the hands of  
 my faithful Creator and  
 Redeemer. *Amen.*

*A*



*A Prayer for Saturday  
night.*

I.

O most powerful Lord  
God, deliver me now  
from the stormy sea of  
sins, and the dead weight  
of a sloathful life: To-  
day is now approaching  
which is thy holy day  
prepare me for the sancti-  
fying of the same, that  
I may not spend it in  
own lusts and pleasures  
but my chief aim and de-  
light may be to consecrate  
it to thy glory.

II.

And, Lord, grant that  
I may cease from all  
works

works of sin, as well as  
from the works of my  
own employment; that I  
may, through thy tender  
mercy, feel in my Heart  
the beginning of thy eter-  
nal Sabbath, which is  
joy unspeakable, and full  
of Glory. Prepare me a-  
gainst my last hour, that if  
thou shouldest this night  
make my Sun to set, and  
turn my sleep into death,  
I may live and die unto  
thee, who dost live everla-  
stingly, world without  
end.

*Our Father, &c.*

.I

*A serious Preparation to  
Holy Sacrament.*

2 Chron. 30. 18, 19.

**G**ood Lord, pardon  
every one that  
prepareth  
Heart to seek God,  
Lord God of his Father  
though he be not clea  
sed according to the  
rification of the Sanct  
ary.

*A Preparation to Exa-  
mination.*

I.

**O** Lord, I do not  
sume to come

that great Feast of thy  
Body and Bloud, upon the  
least opinion of my own  
worthiness; for when I  
look upon my self, I dare  
not come, for fear I should  
eat and drink my own  
damnation.

I I.

But when I consider thy  
infinite Mercies unto man-  
kind, and thy own words,  
calling all men without  
exception, and knowing  
that thy crucified Body  
is not onely Food to nour-  
ish, but Physick to cure;  
I beg leave, that am but  
dust and ashes, to come  
to thy holy Table; and  
with my weak Faith to  
feed upon some crums of  
this bread of life.

III

## III.

I confess, O Lord  
have no Wedding-  
ments upon me, but  
come to seek them at  
Cross, from thy bitter  
rows to derive into  
soul a godly sorrow, win-  
ning Repentance to Sal-  
vation.

## IV.

From thy broken Body  
a broken Heart, from  
warm Blood flowing from  
thy wounded Side, Eternally  
Zeal, and Fervency;  
I may love and adore  
thee, my God, as I ought  
to do.

## V.

I come, O dear Jesus  
to fetch Humility, Patience

Temperance, Sobriety, and  
Chastity, and whatever  
thou see'st else needful for  
me: bury all my sins in thy  
grave; my stony heart, my  
natural corruptions, and  
vile affections.

**V I.**

I come, O Lord, to  
fetch a new life from thy  
holy and blessed Resur-  
rection; to which end,  
O Lord, I beseech  
thee, this my examinati-  
on, which by thy divine  
assistance I am now to  
make before thee.

**V I I.**

Thou knowest, O Lord,  
what a partial examiner  
flesh and blood will be  
into it self, unless thou  
D guide

guide and direct me  
thy Holy Spirit : strengthen  
then my weak Memory  
that it may faithfully bring  
forth all the evil actions  
I have done, and the good  
ones I have omitted.

## VIII.

Make my Conscience  
freely to accuse, to judge  
and condemn my sins  
that I be not judged  
thee; and whatsoever de-  
fect I commit in my ex-  
amination, Lord, pardon  
that heap of sin which  
bring unto thy Cross  
be forgiven, I beseech thee  
*Amen.*

examination before the holy  
Sacrament.

**E**xamination is St.  
Paul's Rule, 1 Cor.  
II. 28. But let a  
man examine himself, and  
let him eat of that  
bread, and drink of that  
cup.

*Heads of Examination.*

**I.**  
**O** My Soul, now in the  
presence of the Al-  
mighty, use thy utmost  
diligence to make thy cal-  
ling and election sure.  
How hast thou manag'd  
thy whole life, which God  
gave



gave thee to imploy in  
Service?

## I I.

If thou hast leisure,  
thou not idle, and spend  
thy precious life in unpro-  
fitable follies? or if thou  
art thou not so too much  
and leavest no time to pro-  
vide for thy soul?

## I I I.

Does thy Riches make  
thee wise, and generous  
assist the Poor? or thy  
wealthy make thee humble  
and faithfully labour in  
thy proper Calling?

## I V.

Doth not the greatness  
of another molest thy  
peace, and his prosperous  
condition make thee

ine? Art thou not given  
to say in thine heart, Had  
that fair Estate, or were  
intrusted with so high a  
place, I should know how  
to contrive things better,  
and never commit such  
gross mistakes?

V.

Hast thou fallen among  
sicious company, which,  
too often, engages into  
olly? and did the dan-  
ers increase thy care, and  
the sin of others breed ver-  
e in thee?

VI.

Hast thou spied any good  
example which thy gra-  
tious God presents to ex-  
te thee? and didst thou  
mediately entertain the

motion, and resolve in  
heart effectually to follow  
it?

### VII.

What hast thou gained  
by all thou hast seen  
heard? since nothing is  
barren but may yield  
fruit, had we the art  
cultivate it right, and  
apply it to our own  
vantage.

### VIII.

Hast thou given a Bill  
Divorce to all thy old  
loved sins, and brought  
thy self into a fit way  
to be married to thy Saviour  
and Redeemer?

### IX.

Hast thou cast away  
worldly thoughts, delight

and vain imaginations,  
that there remains no  
logs to hinder thee, my  
soul, in thy mounting to-  
wards Heaven?

X.

Do'st thou in every state  
give thanks to Heaven,  
and contentedly subscribe  
to its severest Decrees, re-  
joycingly say to God Al-  
mighty, O my Saviour,  
I am glad my lot is in thy  
hands?

XI.

Thou art all Wisdom,  
and see'st my wants; thou  
art all Goodness, and de-  
lightest to relieve me:  
Under thy Providence I  
now I am safe, and what-  
ever befalls me, thou gui-  
dest

dest to my advantage

### XII.

If thou wilt have  
obscure and low, thy  
blessed will, not mine, be done  
or if thou wilt load  
with afflictions, imbitte  
ing my days with grief  
and sickness.

### XIII.

Still may thy blessed  
O Lord, be done, to govern  
thy Creatures in thy  
best way; and say with  
*Job*, The Lord gave,  
the Lord hath taken away,  
blessed be the Name of  
Lord.

### XIV.

O that my loss of  
might now prevail  
thee to repair the loss

thy presence in my sinful  
soul! Lord, let the great-  
ness of my folly in sinning,  
extol the richness of thy  
mercy in forgiving.

**XV.**

Restore me to the joy  
of thy Salvation, and esta-  
blish me with thy free Spi-  
rit; so shall I have the  
comfort, and thou, O my  
God, the praise for ever-  
more.

*Prayer after Examina-  
tion, for the assistance of  
God's Holy Spirit.*

**I.**

Blessed holy Spirit, the  
eternal love of the  
Father and Son, the Com-

**D 5**

**for-**

forer and Teacher  
Truth, whom the Father  
by the Son promised  
give them that ask; have  
mercy upon me, help my  
infirmities, keep my Soul  
and all its faculties, lift  
up unto the Throne  
thy grace, that they may  
not sink down into the  
vanities and follies of this  
life.

## II.

Let the words of my  
mouth, and the meditations  
of my heart, be always  
acceptable in thy sight,  
Lord my strength and  
redeemer; in whose  
holy Name and words  
sum up this my im-  
perfect Prayer, in that name

perfect Form of Prayer  
which he himself hath fur-  
ther taught me in his holy  
Gospel.

*Our Father, &c.*

*A Confession of Sins.*

I.

Lord, forgive me all my  
sins in the blood of  
thy Redeemer, more par-  
ticularly those sins against  
that inward and spiritual  
worship that is due unto  
thee; for the wilful blind-  
ness of my understanding,  
in the not searching after  
thee, in thy word which  
testifieth of thee, nor in  
thy work which magni-  
fies thee.

II. I



## I I.

I beg Mercy for the want of saving Faith, and the weakness of that faith, when it is at the best, and for the fool in my heart that hath presumed in doubt of thy Being or thy Providence.

## I I I.

I beg Mercy for rash and stubbornness and perverseness of my will, that hath neither done what thou do'st command, nor submitted with patience and humility unto thy fatherly corrections.

## I V.

I beg Mercy for the weakness of my affections, that have been turn'd into filthy flesh

ly lusts, that fight against  
the Spirit; that I have had  
no fear of God before my  
eyes, no sorrow, but that  
I have not sinned enough,  
no comfort and delight,  
but in the vanities of this  
life.

V.

I beg Mercy for that  
rash and Immoderate an-  
ger that flashes out of my  
corrupt nature, and for  
every passion and pertur-  
bation of my soul; for the  
hardness of my heart, that  
hath not opened the door  
when the King of Glory  
hath vouchsafed to knock;  
and for the dead sleep of  
sin, which I have long  
been in, without answer-  
ing

80 *A Confession of Sins.*

ing the calls of thy blessed Spirit, and the divine motions of thy Grace.

V I.

I beg Mercy for my negligent and unprofitable use of thy blessed and holy Ordinances, of thy word preached, and receiving of thy holy Sacrament, and for not keeping the Sabbath as thou hast commanded.

V II.

I beg Mercy for the pride of my heart, and the vain exalting my self; for not giving honour nor Christian behaviour towards all persons; for the envy, hatred, malice, and uncharitableness, and in-

jury

*A Confession of Sins. 81*

ury done unto my neighbours: for the filthiness and uncleanness of my life, in thoughts, words, gestures, and actions.

**VIII.**

I beg Mercy for the injustice and oppression I have used; for murmuring against that condition of life wherein thou hast placed me; for my lying, slandering, and evil-speaking; for every idle word, the sinful thoughts of my Heart, the whole body of sin, and the dominion it hath over me.

**IX.**

I beg Mercy for the sins I have drawn others into, and the consent I have given

## 82 *Petitions for Graces.*

given to others, the scandal I have given thy Gospel by my sinful life and conversation; for all my sins, of what nature, kind or degree soever they are I beg it in the blood of my Redeemer, and in the merits of his Cross. And as I beg Mercy for my sins so I beg the grace of thy holy Spirit to establish me in thy Salvation.

### *Petitions for Graces.*

I.

**I** Beg truth and sincerity in that inward and spiritual Worship which is due unto thee, and for more knowledge of thee and

and thy blessed will ; for  
saving Faith to as great a  
degree as Mortality is ca-  
pable of ; for sanctified  
affections, such as may be  
lifted up on things above,  
and a Will conformable  
to thy blessed Will in all  
things.

I I.

I beg the Love of thee  
with my whole heart, that  
Fear of thee which is the  
beginning of Wisdom, a  
godly Sorrow that works  
Repentance unto Salva-  
tion, and these Comforts  
that flow from the blessed  
Spirit in the promises of  
Mercy, through Christ Je-  
sus ; for a holy Zeal to thy  
Law, and an Indignation  
against all sins.

III

84 *Petitions for Graces.*

I I I.

I beg a Heart of flesh  
that may be sensible of thy  
Judgments against sinners  
and of thy Mercies in  
Christ Jesus; an awaken-  
ing out of the dead sleep  
of sin, that I may answer  
every Call of thy blessed  
Spirit, and every divine  
motion of Grace; for the  
sanctified use of thy blessed  
and Holy Ordinances, and  
a Sanctity in all the actions  
of my life.

I V.

I beg a sanctified use of  
thy great and glorious  
Name; never to swear by  
it but when it's a mark of  
divine Worship; and then  
to do it in Judgement,  
Right

Righteousness, and Truth ;  
and to endue me with Hu-  
mility, Self-denial, Sobrie-  
ty, Charity, Justice, a Faith  
and a lively Hope groun-  
ded in thee.

**V.**

I beg the Grace to do  
thy Will as it is done by  
thy Saints and Angels in  
Heaven, with alacrity and  
constancy. I beg all the  
Graces of thy holy Spirit,  
which thou in thy divine  
Wisdom knowest in the  
salvation of my soul ; and  
I beg them in the blood of  
my Redeemer, and merits  
of his Cross.

Merciful Father, I be-  
seech thee, that these sins  
(which I have with great  
weak-



weakness confessed and repented of) may not rise up in judgement against me, nor stand as a bar betwixt me and thy Mercies in the comfortable receiving of thy precious Body and Bloud; but mercifully grant, that with the holy signes thereof, I may receive the pardon of my sins, and the graces of the holy Spirit to do thy Will hereafter. *Amen.*

*Meditations on the holy  
Sacrament.*

*I.*

**C**OME unto me, all ye that are weary and heavy laden, and I will give you rest: Take my yoke

Yea, I will put a yoke upon you, and learn  
of me, for I am meek and  
lowly in heart, and ye shall  
find rest unto your Souls:  
for my yoke is easie, and  
my burden is light.

**II.**

"Does my Saviour invite  
me, and shall I go? Shall  
a sinner dare to sit down  
at his Table? Does he in-  
vite, and shall I not go?  
Shall a wretch presume to  
refuse his Call? Rise then,  
my Soul, and take thy  
swiftest wings, and flie to  
the presence of this great  
Mystery.

**III.**

A Feast of holy Bread  
and holy Wine, in repre-  
sentation of thy most Sa-  
cred

cred Body and Bloud  
 where thy All-glorious  
 Self is freely given to the  
 meanest Guest ; a Feast  
 of Peace and Love, and  
 incomparable Sweetness  
 to which thine own blessed  
 Mouth thus kindly call-  
 us.

## I V.

Come to me, you that  
 labour for holiness, and are  
 oppressed under the weight  
 of your sins ; you that hun-  
 ger after Heaven, and thirst  
 to drink of the Fountain  
 of bliss, come to me, and  
 I will refresh you with the  
 wine of gladness and the  
 bread of Life.

V.

Come, you that-are  
weak, that you may be  
strong, and you that are  
strong, lest you become  
weak; come, you that have  
leisure, and here entertain  
your time; come, you  
that are busie, and here  
learn to sanctifie your Im-  
ployment; come all, and  
partake freely of this celesti-  
cal Manna, and fill your  
souls with the food of An-  
gels.

V I.

But say, am I dress like  
friend of the Bride-  
rooms, that I safely may  
come to this Marriage-  
supper? have I considered  
how chaste these eyes should  
be,

be, which go to behold  
 God of purity? have  
 considered how clean the  
 mouth should be, which  
 presumes to eat the bread  
 of Heaven; but most, how  
 All-celestial that  
 should be, which aspires  
 an union with the Body  
 Christ?

V I I.

Look, my Heart, look  
 well into thy self;  
 strictly search every corner  
 of thy breast: Alas, how  
 poor, and dull, and empty  
 are we; how infinitely  
 unworthy so divine a  
 sacrament! yet are we called  
 by him that can command  
 by him that sees and  
 tries our miseries; he

*the holy Sacrament.* 91

come, he surely will receive us; and with his bounteous fulness supply our defects.

VIII.

Go then, my soul, to that sacred Table, and take thy part of that delicious Banquet; go all inam'd with love, and joy, and hope, and quench thy holy thirst with that spring of Bliss. When thou hast tasted his everlasting sweetness and feelest heavenly Streams flow gently on thee, open thy happy breast, and suck those waters in, and let them freely run over all thy Powers.

E

Let

## I X.

Let them soak deep  
the root of thy heart,  
turn thy barren heath  
to a fruitful land, fru-  
ful in holy thoughts  
pious words, fruitful  
good, and just, and cha-  
table deeds; fruitful  
thy self, in thine own  
provement, fruitful to  
others in thy good ex-  
ples. Praise the Lord,  
my Soul, and all that  
within me, praise his  
Name, who saveth  
life from destruction,  
feedeth thee with the bread  
of Heaven.

*Ejaculations at the Lords  
Table.*

**I** Will praise thee, O  
God, with my whole  
heart, and worship to-  
wards thy holy Tem-  
ple.

I have waited long to  
seek the Lord, my Soul  
doth wait, for in his  
Word do I trust.

With the Lord there  
is Mercy and plenteous  
Redemption, and he  
will redeem me from all  
iniquities.

God is gentle, just, and  
merciful, and will in-  
cline his ear when I call  
upon him.



94 *Prayers before*

5. I will now pay my vows  
unto the Lord, even  
the presence of all  
People.

6. I will go unto the Altar  
of my God, and offer  
to him the Sacrifice  
an humble heart.

7. So shall I be satisfied  
with the loving kind-  
ness of the Lord, and  
praise shall be ever  
my mouth.

*Prayers before receiving  
the holy Sacrament.*

I.

**O** Almighty God, who  
art infinite in Mer-  
cy, and art able to pardon  
more sins than I can com-  
mit.

nit; the stretcht out arms  
of my dear Saviour on the  
cross, can encompass the  
largest extention of my  
sins, and his passion affords  
an ever-flowing Red sea to  
cover them, that they may  
not become my confusion.

II.

Springs of Mercy flowed  
from his Sacred head,  
when he was Crown'd  
with Thorns: because I  
advanc'd my head, and  
(with a stiff neck) oppos'd  
my will, he bowed his  
bleeding head on the  
cross: Rivers of Mercy  
flowed from his hands, to  
relieve the oppression of  
sin.

## III.

From his feet fast  
and unmoved, issues a co  
rent of blood, beca  
mine have been so sw  
to shed it ; and lest  
should want abundant su  
plies of Mercy, the Floo  
gates stand open at  
side, that so whilst Mer  
and mystery, Sacramen  
and Soul-satisfaction flo  
out all together, my lepro  
sie may want no purgati  
on, nor I in my languishi  
want support.

## IV.

O then let his blood  
my bath ; purge me with  
Hysop, and I shall be clea  
wash me, and I shall  
whiter than snow : a

to capacitate me for these  
mercies, let deepest sorrow  
wound my Soul. Oh let  
grieve my spirit that  
have lived so long to the  
trief of thine ! and let me  
grieve so long, that I can  
grieve no more.

V.

Make my soul to ascend  
in an humble supplication,  
and let my Saviours inter-  
cession, procure thine ac-  
ceptation of it ; and give  
me such a faith, as may  
take possession of all I  
pray for: and lest my own  
trust should deceive me,  
when I have said Amen to  
my prayers, do thou say  
amen to my Amen ;  
that so an establishment

93 *Prayers before*

of blessings may be the pu  
crown of my soul : whi  
I beg through the men  
and mediation of Je  
Christ thy only Son, an  
my Saviour and Rede  
mer. *Amen.*

I.

O eternal God , the  
hast promised that at wh  
time soever a sinner do  
repent him of his sins fro  
the bottom of his heart  
thou wilt put away all  
iniquities out of thy  
membrance; besprinkle  
polluted but penitent sou  
in the blood of thy de  
Son Jesus Christ: O let  
blood of his wounds  
the water of his side wa  
me clean, that I may wi

pure clean soul, come to  
eat and feast on the hea-  
venly Banquet, the spot-  
less lamb which was slain  
from the beginning of the  
World.

II.

Extinguish, O Lord, all  
the fires of Hell, my Lust,  
Pride, Envy, Malice, and  
all uncharitableness: create  
in me, O God, a great  
longing after the bread of  
Heaven, and a thirst after  
the Fountain of Salvation;  
that as the hart panteth  
after the water-brooks, so  
let my Soul long now af-  
ter thee, my Saviour and  
Redeemer. *Amen.*

*Meditations at the Lord's  
Table, seeing the Table  
spread, and the Elements  
set thereon.*

**T**Hou, O my God, hast  
prepared a Table for  
me; whosoever eateth  
thereof, shall never hun-  
ger, or drinketh, shall ne-  
ver thirst.

Lord, grant that I may  
so eat the flesh of thy dear  
Son Jesus Christ, and  
drink his bloud, that my  
sinful body may be made  
clean by his body, and my  
soul washed through his  
most precious blood; and  
that I may evermore  
dwell in him, and he in  
me.

*When*

*When thou hearest the Minister say, Draw near with Faith, and take this holy Sacrament, then lift up thy heart to God, and say,*

*O Lord, I am not worthy, by reason of my manifold sins, to approach before thee; but seeing it hath pleased thee in mercy to call me, behold, in humility and obedience, I come.*

*When we hear the Minister read the words of Christ's Institution, and see him order the Bread and the Wine, say,*



O Almighty God, who  
 out of thy great love to  
 us, didst send thine only  
 begotten Son into the  
 World to redeem sinners  
 of whom I am chief, grant  
 that I may receive him  
 with a thankful and sincere  
 heart.

*When we see the Bread  
 broken, and the Wine  
 poured out.*

1. I believe ; Lord, help  
 my unbelief.
2. My Saviour was broken  
 for my sins upon the  
 Cross and suffered an  
 accursed death.
3. By his Merits I wholly  
 trust

truit I shall escape the  
curse of that death  
which is due for my  
sins.

4. O wretched creature  
that I am, that I by my  
sins should thus wound  
the Worlds Redeemer.

*When the Minister is re-  
ceiving in both kinds  
himself.*

O Lord, I am not wor-  
thy that thou shouldest  
come under my roof; but  
seeing it is thy good plea-  
sure to vouchsafe me this  
favour, cleanse me, I be-  
seech thee, from all my  
sins, that I may entertain  
thee in a pure and sancti-  
fied

fied heart unto my live  
end.

*Ejaculations before the  
Bread.*

1. **L**ord, give me ever  
more of that bread  
that my Soul may be nou-  
rished to eternal life.

2. My Saviour with all  
the benefits of his bitter  
Death and Passion, do  
now come to sanctifie and  
comfort my sinful Soul  
in full assurance whereof  
I am to receive these  
Signes and Seals at the  
hand of his Minister.

*At the receiving the Bread,  
say after the Minister,*

The Body of our Lord  
Jesus Christ which was gi-  
ven for me, preserve my  
body and soul unto ever-  
lasting life. I take and eat  
this in remembrance that  
Christ died for me, and  
will feed on him in my  
heart, by Faith and Thankf-  
giving.

Let thy crucified body  
deliver me from this body  
of sin and death.

*After the Bread.*

O blessed Jesus, I do  
heartily believe that thou  
wast

wast crucified upon the  
 Cross, and that for me,  
 well as for any other.  
 And as I now have recei-  
 ved this Bread broken,  
 whereby my body shall be  
 nourished, so I believe that  
 I also have received in a  
 spiritual manner, thy bo-  
 dy crucified, with all the  
 benefits thereof, the full  
 pardon of all my sins and  
 transgressions, and the  
 strengthening and refresh-  
 ing of my sinful Soul.  
*Amen.*

*Ejaculations before the Cup*

I. **O** Lord, thou tookest into thy hand  
 the cup of trembling  
 thou

thou drankest out the very dregs thereof, and thy precious Blood was poured out like water for my sake.

2. Sweet Jesus, sustain me by this Bread, refresh me with this Wine, recover me with this Potion, cleanse me by this Effusion, that I may now at this present receive joyfully, return thankfully, live righteously, and die happily.

3. And Lord Grant that I may receive at this thy holy Table with that reverence here, that I may be a partaker of thy Heavenly Table hereafter.

*Ac*

*At the receiving of the Cup  
say after the Minister,*

The blood of our Lord Jesus Christ, which was shed for me, preserve my body and Soul unto everlasting life: I drink this in remembrance that Christs blood was shed for me, and am thankful. O let it purge my Conscience from dead works, to serve the Living God.

*Ejaculations after the Cup.*

1. **I** Have sworn, and am stedfastly purposed to keep thy righteous judgments.

2. To

2. To thee therefore, O thou blessed Fountain of eternal sweetness, do I address my joyful Soul, to love and honour thee to my lives end.

3. Lord Jesus accept of me, and so powerfully and graciously assist me, that I may savingly behold thee in thy holy Ordinances.

4. That I may clearly see, and joyfully confess what great things thou hast done for my poor Soul.

5. O let this my humiliation before thee, be a pleasing sacrifice unto thee, for his alone sake, whose precious life thy rich mercy



110 *A Thanksgiving after*  
cy hath sacrificed to the  
justice for me.

6. Lord hear me, and  
have mercy on me, for his  
alone sake whom thou hast  
freely given unto me, that  
I may truly and faithfully  
love thee, devoutly serve  
thee, earnestly embrace  
thee, and eternally enjoy  
thee.

*A Thanksgiving after the*  
*receiving of the Sacra-*  
*ment.*

I.

**O** Thou fountain of  
goodness, I do true-  
ly believe, that thy blood  
was shed out of thy body,  
as verily as I have recei-  
ved thy Wine apart from  
the

the Bread, and that for  
the remission of my Sins,  
as well as any others.

I I.

And I do also believe,  
that with this Bread and  
Wine, I have received thy  
precious Body and Blood,  
whereby my Soul is puri-  
fied, and my Sins fully  
washed away, and that ac-  
cording to thy promise, I  
shall never hunger nor  
thirst any more, because  
with this Bread and Wine  
I have received thy Flesh,  
which is Meat indeed, and  
thy Blood, which is Drink  
indeed; with which I  
humbly pray thee to che-  
rish and nourish my poor  
Soul, and to encrease in  
me

112 *A thanksgiving after*  
me a hearty love and af-  
fection to these my fellow-  
members, who have at this  
time participated with me

III.

And O thou who art Al-  
pha and Omega, in whom  
there is no shadow of  
change ; work in us all  
beseech thee such a stabi-  
lity of mind, that we may  
no more start aside like  
broken bows, but that ha-  
ving our hearts whole with  
thee , we may continue  
stedfast in thy covenant  
to our lives end, and that  
nothing may be able to  
separate us from thy love,  
which I humbly beseech  
thee to grant, for thy Mer-  
cy sake. *Amen.*

IV.

I Bles and Praise thy  
holy Name, O Lord, for  
that thou in mercy vouch-  
safest to accept me at this  
thy Table, amongst the  
rest of thy elect and chosen  
people, and that thou hast  
so graciously fed my lan-  
guishing Soul with the  
most precious Body and  
Blood of Christ.

V.

I confesse, O Lord,  
I am not worthy of the  
least of all thy favours;  
but seeing it is thy will  
and good pleasure to have  
mercy upon me, give me  
grace, I most humbly be-  
seech thee, to walk wor-  
thy of this thy Mercy in  
ho-

114 *A Thanksgiving after*  
holiness and newness of  
life : to the Glory of thy  
holy Name, and the salva-  
tion of my poor sinful  
Soul.

V I.

And, O Lord, I beseech  
thee, hold the same tem-  
per over me, that so living  
here a while in thy fear,  
departing hence in thy  
faith, I may be received  
into thy favour; and thou  
Lord, for thy Name sake  
for thy Glories sake, and  
for thy Mercy sake,  
Christ Jesus, my only Me-  
diator and Advocate, who  
dyed upon the Cross for  
my sins, and rose again for  
my justification. *Amen.*

Then joyn with the Congregation in Prayer and Thanksgiving, praising God for his goodness, and so depart lovingly together with chearful hearts, concluding with this blessing, saying it after the Minister.

The peace of God which passeth all understanding, keep our hearts and minds in the knowledge and love of God, and of his Son Jesus Christ our Lord; and the blessing of God Almighty, the Father, the Son, and the Holy Ghost, be amongst us and remain with us always. A-

F

Go-

## Going home.

*As thou art going home, seeest any object of charity, then call to mind some of these Sentences.*

**T**O do good, and to distribute, forget not for with such Sacrifice God is well pleased, *Heb. 13. 16.*

Whoso hath the Worlds good, and seeth his brother have need, and shutteth up his compassion from him, how dwelleth the love of God in him? *John 3. 17.*

for Charity. 917

Give Alms of thy  
Goods, and never turn  
thy face from any poor  
man, and then the face of  
the Lord shall not be turn-  
ed away from thee (Job

7.

Blessed is the man that  
provideth for the sick and  
needy, the Lord shall deli-  
ver him in the time of  
trouble, *Psal.* 41. 1.

He that hath pitty upon  
the Poor lendeth unto the  
Lord, and that which he  
hath given will he pay  
him again, *Pro.* 28. 19.

F 2

Mc



*Meditations to be used  
any time.*

I.  
**O** How secure and  
sweetly do the  
sleep, who go to bed with  
a quiet conscience, who  
after a day of faithful in-  
dustry, in a course of just  
and pious living,

II.

Lay down their wearied  
heads in peace, and safely  
rest in the bosom of pro-  
vidence! if they awake  
their conscience comforts  
them in the dark, and bids  
them not fear the shadow  
of death,

No,  
self; but  
up and  
of that  
to our  
care, to  
correct

To  
over the  
lest us,  
our thou  
concern

Are  
flons be  
fill as  
life def

**III.**

No, nor even death it-  
self; but confidently look  
up and long for the dawn  
of that eternal day: this  
to our souls should be our  
care, to note, censure, and  
correct our selves:

**IV.**

To strive for mastery  
over the passions that mo-  
lest us, and dismiss from  
our thoughts what no way  
concerns us.

**V.**

Are not our own occa-  
sions business enough to  
fill as much time as this  
life deserves? Does not

the other at least deserve  
every minute of leisure  
we can spare from this?

## VI.

Let then the world  
pursue their wicked libe-  
ties, and say, and do  
they think fit; what's that  
to thee, my soul, who shalt  
not answer for others, un-  
less thou some way make  
their faults thy own.

## VII.

Thy pity may grieve  
and thy charity endeavour  
but if they will not hear,  
follow thou thy God, fol-  
low the way that leads  
truth; follow the truth  
that leads to life.

## VIII.

Follow the steps of thy  
beloved Jesus, who alone  
is the way, the truth, and  
the life : follow his Hol-  
iness in what he did ; fol-  
low his Patience in what  
he suffered.

## IX.

Follow him that calls  
thee with a thousand pro-  
mises ; follow him that  
crowns thee with infinite  
rewards ; follow thy faith-  
ful Lord, O my soul, to the  
end, and thou'rt sure in the  
end to possess him for e-  
ver.

*Meditations upon Death.*

## I.

**S** Hall we be murmuring  
still, Our life is but a  
span, and that exposed to  
innumerable sorrows  
Does not the very short-  
ness abate its miseries? Do  
not those many miseries  
commend its shortness?

## II.

Should not we rather re-  
joyce at the sight of death  
that, whenere it comes, it  
brings us advantage? In  
our age, 'tis a Haven of  
Repose, and ought to be  
welcome after so long  
Voyage.

## III.

If in our youth, it prevents a thousand Calamities, a thousand dangers of ruining our Souls; if by an ordinary sickness, 'tis the course of Nature; if by an outward Violence, 'tis always the will of Heaven.

## IV.

What need we fear how many deaths there are? we are sure there can be but one for us: Dying is an act to be done but once; and once well done, we are happy for ever.

F 5

V.

## V.

Lord, we confess thy  
decrees are just, and our  
selves the cause of all our  
miseries; we sacrifice our  
youth to sport and folly  
and our manly years to  
lust and pride.

## VI.

We spend our old age  
in Craft and Avarice, and  
begin not to live till we  
are ready to die; then we  
bemoan the shortness of  
our time, when our selves  
have prodigally thrown it  
all away.

## VII

## VII.

We lead a loose and negligent life, and then complain death takes us unawares : Our dayes are perhaps too few to grow rich, or fatisfie the ambition of a haughty Spirit.

## VIII.

But to be taught the love of God, the meek and humble life of Jesus, requires not so much the number of years, as the faithful endeavours of a pious mind.

## IX.



## IX.

Could we bestow, on the improvement of our souls, the time we so vainly trifle away, our day would be short enough not to seem tedious, and long enough to finish our appointed task.

## X.

And what, O Lord, is our business here but to trim our Lamps and wait thy coming? but to sow the immortal seed of hope, and expect hereafter to reap the increase?

XL

**XI.**

No matter how late the  
fruit be gathered, if still it  
go on in growing better ;  
no matter how soon it fall  
from the tree, if not blown  
down before it be ripe.

**XII.**

O thou most just, but  
secret providence, who go-  
vernest all things by the  
counsel of thy will, whose  
powerful hand can wound  
and heal, lead down to the  
grave, and bring back a-  
gain.

**XIII**

## XIII.

Strike as thou please  
our health, our lives, we  
cannot be safer than at thy  
disposal; onely these few  
requests we humbly make  
which, O may thy clemen-  
cy vouchsafe to hear.

## XIV.

Cut us not off in the  
midst of our folly, nor suf-  
fer us to expire with our  
sins unpardoned; but make  
us, Lord, first ready for thy  
self, then take us to thy  
self, in thine own fit time.

*A Prayer at the hour of  
Death.*

**I**N the midst of life, we  
are in death; of whom  
may we seek for Succour,  
but of thee, O Lord, who  
for our Sins art justly dis-  
pleased: yet O Lord most  
holy, O God most mighty,  
O holy and merciful Savi-  
our, remember the work  
of thy hands, and the pur-  
chase of thy Blood; give  
not up this thy departing  
Creature unto the bitter  
pain of Eternal death: Lord  
remember now thy great  
Mercy, and thy bloody suf-  
ferings death and passion,  
let thy bowels melt in ten-  
der

der Compassion towards the  
Person in this great Extre-  
ty: Shut up Hell, and open  
Heaven, that he may behold  
those things which belong  
unto his Peace, O Lord de-  
stroy not, O Lord forsake  
not, O Lord most holy, O God  
most mighty, O holy and mer-  
ciful Saviour, thou most wor-  
thy Judge Eternal, suffer not  
this Person at his last hour for  
any pains of death to come  
from thee. But we beseech  
thee Conduct him through the  
Valley of the shadow of  
Death, unto the land of E-  
verlasting life through Jesus  
Christ our Lord, our Father  
&c.

A Hymn.

131

A Hymn.

I.

**T**Is not for us and our  
proud hearts,  
O mighty Lord, to chuse our  
parts,  
But aet well what thou  
giv'st;  
Tis not in our weak pow  
to make  
One step o'th' way we under-  
take,  
Unless thou us reliev'st.

II.

What thou hast given, thou  
canst take,  
And when thou wilt, new  
gifts canst make;

AN

All flows from thee  
alone :

When thou didst give it,  
was thine ;

When thou retook'st it, 'twas  
not mine ;

Thy will in all be done.

## III.

It might perhaps too pleasant  
prove,

Too much attractive of  
love ;

So make me less love  
thee.

Some things there are, thy  
Scriptures say,

And Reason proves, that  
Heaven and they

Do seldom well agree.

## IV.

Lord, let me then sit calmly  
down,  
And rest contented with my  
own;  
That is, what thou al-  
low'st.  
Keep thou my mind serene  
and free,  
Often to think on Heaven  
and thee,  
And what thou there be-  
stow'st.

## V.

There let me have my portion,  
Lord,  
There all my losses be re-  
stor'd;  
No matter what falls  
here.

Is't



Is't not enough that we shall  
sing,  
And love for ever our blest  
King,  
Whose goodness brought  
us there?

## VI.

Great God, as thou art one,  
may we  
With one another all  
agree,  
And in thy praise con-  
spire:  
May Men and Angels joy  
and sing  
Eternal Hymns to thee thy  
King,  
And make up all our  
Quire,

## A Hymn.

## I.

**M**R God, to thee our  
selves we owe,  
And to thy bounty all we  
have ;  
Behold, to thee our praises  
bow,  
And humbly thy accep-  
tance crave.

## II.

If we are happy in  
Friend,  
That very Friend 'tis thou  
bestow'st ;  
His power, his will to help  
our end,  
Is just so much as thou  
allow'st.

## III.

## III.

If we enjoy a free Estate,  
Our onely Title is from  
thee;

Thou mad'st our lot to be  
that rate,

Which else an empty blank  
would be.

## IV.

If we have health, that in-  
tun'd ground,

Which gives the musick to  
the rest;

It is by thee our Air  
sound,

Our Food secur'd,  
Physick blest.

## V.

If we have hope one day to  
view  
The glories of thy blissful  
face,  
Each drop of that refreshing  
Dew  
Must fall from Heav'n  
and thy free grace.

## VI.

Thus then to thee our Praises  
bow,  
And humbly thy acceptance  
crave,  
Since 'tis to thee our selves  
we owe,  
And to thy bounty all we  
have.

## VII.

## VII.

Glory to thee, great God,  
lone,

Three persons in one De-  
ty;

As it has been in  
gone,

May now, and still  
ever be.

## IV.

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FINIS.

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ad  
De  
18  
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*A: New years, Gift: 11 P*



*Old things are past away  
All things are become new  
The fashion of this world passeth  
F. H. van Houe Sculp:*

A

New-Years-Gift:

Composed of

PRAYERS

AND

MEDITATIONS,

WITH

Devotions

FOR

Several Occasions.

---

The Second Part.

---

L O N D O N,

Printed for Simon Neale,  
at the Three Pidgeons in Bedford-street, over against the  
New Exchange. 1681.



New-Years Gift :

Composed of

P L A Y E R S

AND

EDUCATION

WITH

Devotions

AND

Prayers

FOR

THE

NEW-YEAR

1701

By

JOHN

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# THE PREFACE.

**T**He First Part found  
so good Reception, that  
I present you with a Second.  
The Gift is Meditation, by  
which you may learn that  
Heavenly Language by heart  
which is here laid down by  
Precepts.

Let us not injuriously de-  
prive our Souls of the due  
interest of Grace and Ver-  
tue; but account this vain  
World, with the Wares there-  
of, suitable to the Shop of Idle  
Merchandize unto which we  
have already been too long

## The Preface.

Customers; the Traffick being Toil; the Wealth, Trash; the Gain, Misery; and the whole Contents thereof, Detriments in Grace, Piety, and Vertue.

If this receives the like acceptation as the former, I then think my time not ill bestowed. So leaving you to the Protection of the Almighty, in whose presence is fulness of Joy, and at his right hand Pleasures for evermore.

---



A

## New-Years-Gift.

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### The Second Part.

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#### Meditation I.

*Of Repentance and Amend-  
ment of Life.*

I.

**W**E are now so  
much nearer our  
Grave ; and all  
the World is grown older  
by a Year, the Portion of  
the Wicked is so much  
A 3 less ;

## 2 Of Amendment of Life.

less, and their time of Punishment so much approach't. The Sufferings of the Patient are so much diminish't, and their hopes of Delivery so much increast.

### II.

They who have spent this day in Sin and Folly, see all their thoughts now vanish like a Dream. They see all's past but a fear of revenge ; and the best that can follow is a bitter Repentance, but such as have wisely bestowed their time, and made another new step towards Heaven, they see their Joys come to meet them in the way, and still grow bigger as they

*Of Amendment of Life.* 3

they come : Till by a Holy Death they joyn in one, and dwell together for Eternal Ages.

III.

O thou Blessed Author of all our hopes, and perfect Satisfier of all our Wishes ! Do thou instruct us in this great, wise truth ; and let every Evening renew it on our Minds : That the things of this world are of little import ; since its Joys and Griefs last but for a time : but the future Estate most infinitely concerns us, where Life and Death endure for ever.

IV.

We are nearer indeed  
A 5 the

#### 4 *Of Amendment of Life.*

the end of our Life ; but what are we nearer the end for which we Live? What have we done, my Soul, to day, that's truly Advancive to our last great home? Have we encreast our Esteem of Heaven ; and settled it's love more strongly in our Hearts? Have we avoided any known Temptation, or faithfully resisted, when we could not avoid, have we Interrupted our customary Faults ; and check't the Vices we are most inclin'd to? Or have we embrac'd the Opportunities of good, which the Mercy of Providence has offer'd to our hands? have

*Of Amendment of Life.* 5

we industriously Contrived Occasions, to improve as we are able our selves and others ?

V.

Alas, dread Lord, what do we see when seriously we look into our guilty Selves? When we reflect on our former Years ; nay even the Follies but of this one day ? so many Hours mispent in nothing, so many abused in worse than nothing.

VI.

Pardon, O meek Redeemer, what our Passions have done ; and favourably supply what our weakness has omitted, make us hereafter more  
care-



## 6 *Of Amendment of Life.*

carefully Watch, that our time unprofitably slide not away, make us select every day some fit retreat, to Study the knowledge of our selves and thee; our selves, to Correct our many Infirmities; and thee, to adore thy infinite Perfections.

### *The Prayer.*

**O** Gracious Lord, whose Laws are but necessary Rules of Soul-saving Love, and whose Commands are but Efficacious Advises of what our nature requires to grow happy, quicken we beseech thee, the Slackness of our Obe-

*Of Amendment of Life. 7*

Obedience to them, by often reflecting on this thy generous goodness: And grant that the ready Observance paid by all other Creatures, to thy least will in serving us, may so reproach our Perverse Resisting the guidance of thy sweet Spirit, towards our own only good, which thou kindly callest thy Service; that we may feel our Selves Confounded with Shame at our notorious Follies, and be henceforth apter to learn by all the World about us, our Duty to thee, through our Lord Jesus Christ, thy Son and our Saviour.

*Amen.*

Medi-

## Meditation 2.

### *Of the Glories of Heaven.*

I.

**L**ET them, O Lord, seek other Delights, who expect no Felicity from thee. Let them fill up their time with other Employments, who think thy rewards not worth their Labour, as for thy Servants, our chief content shall be, to meditate the Glories prepared for us above, all the few Years we live shall spend themselves to purchase that one Eternal Day.

II.

II.

That day whose brightness knows no night; nor ever fears the least Eclipse, whose chearful brow no Cloud o're-casts; nor Storm molests the passage of it's Rays, but still shines on Serene and Clear; and fills with Splendour that spacious Palace, it needs not the Fading Lustre of our Sun, nor the borrow'd Silver of the Moon, the Sun that Rises there is the Lamb; and the Light that Shines the Glory of God.

III.

O how Beauteous Truths are Sung of thee, thou City of the King of Heaven!

10 *Of the Glories of Heaven.*  
ven! Thy Walls are raised  
of Precious Stones; and  
every Gate is of one rich  
Pearl, thy Mansions are  
Built of choicest Jewels;  
and the Pavement of thy  
Streets are Transparent  
Gold, down in the midst  
runs a Chrystal River, per-  
petually flowing from the  
Throne of God, there all  
along those pleasant  
Banks, deliciously grows  
the Tree of Life, healing  
all Wounds with it's Bal-  
my Leaves; and making  
Immortal all that but taste  
it's Fruits.

IV.

Thus is the Holy City  
Built; thus is the new Je-  
*rusalem* adorn'd. O For-  
tunate

*Of the Glories of Heaven.* I  
fortunate and Glorious Ci-  
ty! How free and happy  
are thy glad Inhabitants:  
Every Head wears a Royal  
Crown; and every Hand  
a Palm of Victory. Every  
Eye overflows with Joy;  
and every Tongue with  
Psalms of Praise. Behold,  
O my Soul, the Inheritance  
we seek; and where can  
we find more Riches to in-  
vite us. Behold the Feli-  
cities to which we are cal-  
led; and where can we  
meet such Pleasures to en-  
tertain us?

V.

Away then all Vain and  
Worldly Desires; be Ba-  
nished ever from molesting  
my Peace. Descend thou  
Blessed

## 12. *Of the Glories of Heaven*

Blessed Heaven into my Heart, or rather take up my Heart to thee, thy Joys are so great to enter into me; O make make me fit to enter into them, make me still think on my Country above; and there Establish my Eternal home, where I shall dwell perpetually in the view of my God, and be filled for ever with the Sweetness of his Presence. For if these Imperfect Shadows so sweetly please, how will the real Substance Transport our Hearts.

*The*

*The Prayer.*

**O** God who Graciously woo'st us to our Eternal Inheritance, by describing it's inexpressible Glories all manner of ways which are apt to work upon our low Conceits, that they may fitly insinuate themselves, and become by Degrees absolute Master of our Hearts! Bring them we beseech thee, still Seasonably into our Memories, and so strongly settle them in our Affections, that our Souls being wholly Ravish'd with those great Hopes, all Temptations and Vanities of  
of



#### 14 *Of God's Providence.*

of this World may fly us  
concernedly by us, and ne-  
ver be able to to distract  
our intire, and steddy, and  
daily strengthening desires  
of entring once for ever  
into possession of thy  
Kingdom, through our  
Lord *Jesus Christ*, our on-  
ly Saviour and Redeemer.  
*Amen.*

---

#### MEDITATION III.

##### *Of God's Providence.*

##### I.

**M**Y God, in every  
thing I see thy hand;  
in every passage thy gra-  
cious Providence. Thou  
wisely

*Of God's Providence.* 15

wisely governeſt us in all  
our ways, and preventeſt  
with thy Mercies all our  
wants. Thou calleſt us  
up in the early Morning;  
and giv'eſt us Light by the  
Beams of the Sun, to la-  
bour every one in their  
proper Employment, and  
fill the little Place appoin-  
ted them in the World.

II.

Thou provideſt a reſt  
for our weary Evening,  
and favoureſt our Sleep  
with a ſhady Darkneſs, to  
reſreſh our Bodies in the  
peace of Night, and ſave  
the waſte of our decaying  
Spirits. Again, thou a-  
wakeſt our drowſie Eyes,  
and bidſt us return to our  
daily

16 *Of God's Providence.*

daily Task. Thus has thy  
Wisdom mixt our Life  
and beauteously interwe  
ven it of Rest and Work  
whose mutual Changes  
sweeten each other; and  
both prepare us for our  
greatest Duty of finishing  
herethe Work of our Sal  
vation, to rest hereafter  
in thy Holy place.

III.

Lord, how thy bounty  
gives us all things else,  
with a large and open  
hand! Our Fields at once  
are covered with Corn,  
and our Trees bow under  
the weight of their Fruit.  
At once thou fillest our  
Magazins with Plenty, and  
sendest us whole Shows

*Of God's Providence.* 17

of other Blessings. Onely  
our Time thou distill'st by  
Drops, and never giv'st  
us two Moments at once,  
but tak'st away one, when  
thou lendest another; to  
teach us the price of so  
rich a Jewel.

IV.

That we may learn to  
value every Hour, and  
not childishly spend them  
on empty Trifles; much  
less maliciously murder  
whole Days, in pursuing  
a course of Sin and Shame.  
Lord, as thou hast thus  
taught our Ignorance, so  
let thy Grace enable our  
Weakness, wisely to ma-  
nage the Time thou giv'st  
us, and still press on to  
new

18 *Of God's Providence*

new Degrees of Improvement; that with our but well-spent Years, may purchase to selves a blessed Eternity.

V.

O thou in whose indulgent Hands are both our Time and our Eternity, whose Providence governs every minute of our Life, and governs the eternal period of our Death. O make us every Evening still provide to pass with comfort that important Hour: Make us still balance our Accounts in Heaven, and strive to increase our Treasures of Holiness, that if we are no more to our Acquaintance

tance

Of God's Providence. To

now here, we may joy-  
fully waken among thy  
loved Angels, there to  
sing our Hymns with  
them, and sing *Hallelujahs*  
ever more.

*A Prayer:*

**O** God, whose gracious  
Providence vouch-  
safes to put us frequently  
in mind of our own and  
the World's last End, by  
laying every Day in the  
dust Grave of Night!  
Sweeten; we humbly be-  
suech thee, and render fa-  
miliar to our expectation  
those terrible periods of  
Time, by our constant due  
thought of this, to even our

B

Ac

20 Of God's Providence.

Accounts with thee, and  
fit our selves for Sleep with  
a devout composure of  
our Souls to their Eternal  
Rest: And grant that our  
yielding so often, and  
easily, at the summon  
our drowlie Humours,  
suspend for some time  
all Operations of  
whole Man, may teach  
our Souls to reflect them  
selves into a more rea  
nable willingness of  
owing thee; that when  
thou shalt our Bodies in the  
of Dust, we may expect  
joyful Resurrection of  
Souls to Eternal Life  
through our Lord and  
Saviour Jesus Christ.

20 Of Gods Providence

# MEDITATION IV

*Of bearing Affliction.*

**O** My Soul, sit down  
in peace, and rest  
secure under the Almighty's  
Protection. Let us not  
disturb the Order of those  
Mercies which our God  
has design'd us in his eter-  
nal Counsels, Every Ac-  
cident may be turn'd into  
Virtue; and every Ver-  
tue is a Step to our glori-  
ous End. If our Affairs  
succeed, let us praise our  
Great Benefactor, and  
if they fail, let us give us  
ourselves, who so favours

B 2

us



us here. If they miscarry, let us yield to the Will of Heaven, and learn by our Croffes in this World to betake us to the will of him that ever happens. Let this be our constant Rule, to provide for the future life, and be contented with the present. Will you generally say, Lord, O Lord, O shall we not patiently accept a little evil, for him that has given us so much good? Shall we be ing without some one thing we need not, more sensibly affect us, than having all we need? Ungraceful we are. The common Benefits we all enjoy, serve the Thanksgiving we owe to him, because some few

Of Affliction. 23

whole Life. The Air  
we breathe in, and the Sun  
that shines on us; the  
Water, and the Earth, that  
faithfully serve us; the  
use of our Senses, and  
the use of our Wits, if  
not in excellence, at least  
to some degree. All these,  
O Lord, thou generally  
direct to the good, and to  
the bad; and for the least  
of these, none can praise  
thee enough.

What shall we say to  
those high supernatural  
Blessings; the Son of God  
to redeem us, and Heaven  
to reward us? What shall  
we say? Can we yet com-  
plain, because some few

B 3 per-

perhaps are more prosperous than we? Should we not rather look down on the many below us, and be thankful to see our selves more favoured than they? Should we not reckon on the Miseries of Mankind, and bless our God, that hath so preserved us? Had we some desperate Canker breeding on our Face, or noisom Leprosie spreading over our Skin, (these we must all confess are incident to our Nature, and more than these due to our Sins).

IV.

What would we give to be as now we are? how gladly change for a moderate

rate

rate Affliction? 'Tis but interpreting our worst Condition well, to find Motives enough for our Gratitude to God. 'Tis but interpreting our best Condition frowardly, and find Defects enough to make our selves miserable. But we adore, as we ought, the Wisdom of our God; we should easily trust him to rule his own World. Could we understand the secret Character of his Decrees, we should reach each Syllable a perfect harmony. Teach, O thou blest Enlightner of our minds, teach us to expound our Actions in a fair Issue.

B<sup>4</sup> VI 816

Suffer us not to follow  
 our private Spirit, lest we  
 create to our selves a vo-  
 luntary Misery. Still let  
 us construe the Afflictions  
 thou sendst us, as meant  
 to correct, and not to  
 destroy us; to prevent some  
 Sin, or practice some Ver-  
 tue; and when we need  
 our Crookes no longer,  
 thou wilt take them away.  
 Mean while, O gracious  
 Lord, make us wait thy  
 time, and not impatiently  
 prescribe Limits to thee.  
 Make us rejoyce that our  
 Lots are in thy hands; but  
 O let thy Mercy chuse fa-  
 vourably for us. Dispose

as thou pleasest our Con-  
dition here ; onely our  
Portion hereafter, let it be  
with thy Blessed.

*The Prayer.*

**O** God, the Eternal  
Source and Neces-  
sary of Being, on whose  
free overflowing that of  
thy whole Creation every  
moment depends : Strike,  
we beseech thee, our hearts  
with a continual dread  
and reverence of thy ab-  
solute Dominion, which,  
wouldst thou but never so  
little suspend thy Bounty,  
we should instantly vanish  
all into nothing. And grant  
that, as we know thou pre-

B 5 serv't

serv't this World, to  
grow daily ripen for the  
other, to which thou hast  
ordain'd it, we may by  
Grace so husband our time  
here, as in the next life  
to possess thy Eternity,  
through our Lord Jesus  
*Christ. Amen.*

---

**MEDITATION**

*Against Pride.*

**S**peak no more proudly,  
vain Dust; nor pro-  
voke any longer the li-  
ving God. Seal up thy  
Lips in humble silence,  
and tremblingly remem-  
ber

ber his dreadful Judgments. Remember how the Earth opened it self, and swallowed up alive so many thousands. Remember how the Clouds rain'd fire and Brimstone, and buried whole Cities in their own Ashes. Remember how the general Deluge o'respread the world, and swept away almost all Mankind. Remember and ask the Cause of all this Ruine, and tell it aloud to the bold Offender.

**II.**

Tell him, 'twas Sin, and such as his, that drew upon them such swift Destruction. Sin threw the Angels down from Heaven, and chain'd



chain'd them upon Eternal  
 Darkneſs; ſin baniſh'd  
 Adam out of Paradife, and  
 turn'd that Delicibus Gar-  
 den into a Field of Weeds.  
 O God, how terrible is  
 thy Mighty Arm, when  
 thou ſtretch'ſt it forth to  
 be avenged on thine En-  
 mies! O Sin, how fatal is  
 thy desperate Malice, that  
 pulls on our Heads all the  
 Thunder of Heaven! gnib

## I VI.

O my Soul, how dull  
 and Senſeleſs are we, to  
 ſleep ſecure, as if all were  
 ſafe! Can we repeat theſe  
 amazing Truths, and not  
 tremble at the Wrath of  
 the Divine Juſtice? Can  
 we conſider the deplora-  
 ble

ble end of Sinners, and  
shall go on in the ways of  
sin? Even while we sing  
thy Praises, O Glorious  
Lord! Our very Duty  
should fear before thee:  
What should Corrupted  
Nature then do, when it  
sees itself ready to offend  
thee? What should a guilt-  
ty Conscience do, when it  
sees itself ruin'd by offen-  
ding thee?

## IV.

Strike thou our Hearts,  
O thou infinite Majesty,  
with an awful Reverence  
of thy great Name. Cor-  
rect our many Levities into  
a Pious Sadness; and break  
our Proud Hearts into an  
Humble Contrition. Still  
may

may our Consciences cry a  
loud within us; Dare you  
Commit this Evil, and sin  
against your God? Dare  
you Commit this Evil, and  
undo your selves, and  
plunge your own Souls in  
Everlasting Torments?  
Forbid to rash a Madman,  
Gracious Lord, and make  
thy Judgments on others  
Mercies to us. For who is  
like thee, O Lord, deposed  
in thy Judgments? And  
who is like thee, capable in  
thy Mercies?

And indeed our sin  
ners may strongly overcome  
our Pride, with other  
sins and Impurities, and  
thy many more finnes  
indulged to the point  
of Mercy to the penitent.

*The Prayer.*

**O** God, who by Hopes  
and Fears, the main  
springs of our Nature  
here, hast graciously pro-  
vided to counterpoise our  
weight downwards, and  
sustain our faint Progress  
up to thee in thy King-  
dom. Grant we humbly  
beseech thee, that the ma-  
ny Examples of thy dread-  
ful Judgments on Obsti-  
nate and Incorrigible Sin-  
ners may strongly overawe  
our Pride, with other Vi-  
ces and Impenitence, and  
thy many more Eminent  
Instances of Indulgence  
and Mercy to the Penitent  
and

and truly Desirous of Vertue, may encourage our Weakness, and make us effectually endeavour to gain it: And this I humbly beseech thee, for Jesus Christ his sake. Amen.

---

**MEDITATION. VI.**

*Against Sloth.*

I.

**R**etire, O my Soul, into thine own Bosom, and search what thou art: where dost thou place thy chief Felicity? And whither tends thy strongest Desires? Go to the Great and Prudent  
of

of the World, and learn  
 of them to chase thy Inte-  
 rests? Do they not there in-  
 crease their Estates, where  
 they mean to spend most  
 of their Life? Do they  
 there project their Manfi-  
 on Seat, in a Country  
 through which they pass as  
 Travellers? No more, my  
 Soul, should we Build our  
 best Hopes on the sandy  
 Foundation of this perish-  
 able Earth,

Wherefore we are, we  
 cannot stay long, and are  
 too sure we shall stay a lit-  
 tle. O thou Eternal being,  
 who changest not, yet art  
 the cause and end of all our  
 Changings Who wilt re-  
 main't

main'ft the fame rich Ful-  
 nell in thy ſelf, and the  
 fame bright Glory to all  
 thy bleſſed. Teach us O Lord  
 to uſe this tranſitory life  
 as Pilgrims returning to  
 their beloved home; that  
 we may take what our  
 Journey requires, and not  
 think of ſetting in a For-  
 eign Country, but wiſely  
 forecaſt our Treasures to  
 be happy where we muſt  
 always be, without any  
 trouble or moleſtation.

## III.

When thou haſt found  
 thy happy end, and found  
 in the only good that laſts  
 for ever, ſtudy O my  
 Soul, to know ſtill more  
 and ſtill more value thereof.

Immortal Joye! Strive for  
Glorious a Prize with  
whole Force, and the  
Strainings of all  
Faculties. Purchase at  
rate that Blesd Inheri-  
tance, and wisely neglect  
all things else; all that  
distract thee from thy Holy  
Course, or but retard the  
speed of thy Advance.  
For though the least in the  
Kingdom of Heaven be  
happy enough, where eve-  
ry Vessel is filled to the  
brim,

Yet to enlarge our Ca-  
pacity to the least higher  
Degree deserves the busi-  
ness and Diligence of our whole  
Life! Shall the Industrious

ous



our Bees endure no rest  
 but fly, and sing, and labour  
 all the Day. Shall  
 the unwearied Ant be run-  
 ning up and down, to fetch  
 and carry a few Grains of  
 Corn? And we, for whom  
 all Nature so faithfully  
 works and tires it self in  
 a perpetual motion, for  
 whom the tender Provi-  
 dence of God commands  
 Angels to Watch over us  
 for whom the Holy Jesus  
 came down from Heaven,  
 and spent a whole Life in  
 continual Labour;

Shall we sleep on in a  
 sloth, and not stir  
 a Finger to help our selves  
 Awake, my Soul, and chide

thy sluggish Thoughts, and  
 let their stupid tolly plain-  
 ly know, we have a store  
 to provide, as well as  
 Ants, and infinitely Rich-  
 er than their poor Hoard.  
 We have a work to do as  
 well as Bees, and far more  
 sweeter than all their Ho-  
 ney. What can so nobly  
 enrich an Immortal Soul as  
 to be gathering a Stock  
 for Eternity? What can  
 so highly delight one that  
 every Day improves, as  
 daily to see the encrease of  
 his Hopes?

VJ.

O Blessed hope! Be thou  
 my chief Delight, and the  
 only Treasure I covet to  
 lay up; be thou the quick-  
 ning

ning Life of all my Actions, and sweet Allay of all my Sufferings ; so shall I ne'er refuse the meanest Labour, while I look to receive such Glorious Wages. So shall I ne'er esteem at any Temporal Loss, while I hope to gain such Eternal Rewards. Lord while we breathe, make us live to thee, and when we expire, depart in thy Peace: That, whether we Live or Die, we may be always thine, and to live with thee in Life Everlasting.

## The Prayer.

**O** God, whose Eternal Providence has im-  
barkt our Souls in the Ship  
of our Bodies, not to ex-  
pect any port or Ancho-  
rage on the Sea of this  
World, but Steer directly  
through it to thy Glorious  
Kingdom: Grant, we be-  
seech thee, that, daily  
reflecting with what care  
and diligence the wretched  
Adventurers for all sorts  
of Vanity pursue round a-  
bout us their desperate  
Courses, we may feel our  
selves confounded with  
just Reproach, who know-  
ing our Engagement on so  
Impor-

Important a Voyage, we  
 take so little pains to per-  
 form it. Preserve us O  
 Lord, from Sloth, and from  
 the dangers that on all  
 sides assault us, and keep  
 our Affections still hot  
 disposed to receive thy  
 Holy Inspirations, that  
 carried sweetly and strong-  
 ly forward by thy Holy  
 Spirit, we may happily ar-  
 rive at last in the Haven of  
 Eternal Salvation through  
 Jesus Christ, our Lord

amen.

MED

## MEDITATION VII.

*On the Vanities of the World.*

## I.

**T**ell me, you eager Lo-  
 vers of the World,  
 what 'tis you aim at in all  
 your Pretences: you wea-  
 ry your Bodies with rest-  
 less Labour, and afflict  
 your minds with perpetual  
 care, Day and Night you  
 are still perplexed, still bu-  
 sily plotting to compass  
 your own ends. Tell me  
 what are those ends you so  
 long have fought; and I  
 will tell you what you soon  
 will find: While they are  
 many, they but distract  
 your

your Thoughts, and often  
engage in a Quarrel  
mong themselves. One  
end, and one alone is the  
way to Peace; and on  
that one, must all there  
depend.

## I I.

'Tis true, and by that  
Rule we guide our Lives  
what e're we undertake  
only to be happy. 'Tis  
be happy that we strive to  
be great, and enrich our  
selves by defrauding o  
thers; 'tis to be happy  
we run after Pleasures  
and covet in every thing  
our own proud will.   
we, alas! mistake our hap  
piness, and foolishly seek  
where 'tis not to be found.

often silly Children think to  
el watch the Sun, when they  
see it setting at so near a  
distance, they travel on,  
and tire themselves in  
vain; for the thing they  
seek is in another World.

III.

Just so we judge, and  
so are deceived, when  
we think to meet with Hea-  
ven upon Earth. This  
World, alas! has now no  
more of Paradise; but all its fruits  
are weeds and thorns, all  
dangerously mixt with oc-  
currences of Sin; all spring-  
ing up over with the bitter-  
ness of Sorrow. What  
if we ever passionately  
love, but still in the end  
made us repent? Nay,



the best end was heart  
to repent, and learn  
our falling to tread mo  
sure.

## I V.

Pity us, O Lord, who  
live below in the Dark  
still wishing for rest, but  
finding none; scatter those  
Mists of Passion that blind  
our Eyes; and shine upon us  
with thy beauteous light  
convince us through  
there is a better World  
than this, a happier peo  
ple than those we know  
Let us every day begin our  
Journey thither, and  
our selves for that Bless  
place.

## V.

If thus our nature to

happiness, there's sure  
some happiness to content  
our nature; sure the all-  
wise Creator has provided  
means to satisfy the Ap-  
petites which himself has  
made. Doubt not, my Soul,  
of the Bounty of thy Lord;  
turn all thy fear on  
thine own unworthiness:  
look up and see a rich deli-  
cious Land, that flows  
with sweeter Streams  
than Milk and Honey; look  
and see a Glorious Ci-  
ty, incomparably braver  
than the Courts of Kings:  
behold the blessed Angels  
shining on their Thrones,  
and all the Heavenly Saints  
triumphing with their  
hymns; behold the Glory

wherewith their Lord has  
Crown'd them in the so-  
lemn day of their Espon-  
sals with himself.

## VI.

Look up yet higher O  
my Soul, and see the Sacred  
Humanity of thy dear Re-  
deemer, that blessed Jesus  
who dyed for us on the  
Cross, and now invites us  
to partake his Crown; see  
and rejoyce in those Eter-  
nal Honours which Hea-  
ven and Earth pay to their  
King. Look up once more,  
and infinitely farther, and  
humbly admire the un-  
speakable mystery, see and  
adore the Sovereign De-  
ty, essentially full of its  
own blest light, full and  
over-

overflowing into all his  
Creatures, which shine as  
little Beams derived from  
him.

VII.

When thou hast seen  
all this, my Soul, and  
said and dwelt a while a-  
mong those Wonders,  
turn down thine eye to-  
wards the Earth again,  
and see the petty things  
that entertain our Minds:  
What is a name of honor,  
or a momentary pleasure,  
compared to the Bliss of  
an Eternal Paradise? what  
is a Bag of Money, or a  
fair Estate, if counterba-  
lanc'd with the Treasures  
of Heaven? How narrow

there do our greatest Kingdoms seem! How small a circle is the whole Globe of the Earth! Cities and Towns shew like little hills; and the busie World, but like a swarm of Ants, running up and down, and jostling one another; and all this stir for a few Grains of Corn.

## VIII.

O Heaven! let me again lift up my Eyes to thee, and take a fuller view of that Glorious Prospect: there let me stand and fix my steddy sight, till I have look'd my self into this firm judgment, all the most Prosperous Fortune can here possess, or even the largest

of the World, &c. 51

largest fancy possibly imagine, all is an idle Dream to those real Joys, an absolute Nothing to that solid Felicity. The just shall be as Lillies planted in Paradise, and flourish for ever in the presence of God. If we perform with them the part of Faithful Servants, we shall surely, with them, have the portion of Children.

*The Prayer.*

**O** Almighty God, remove far from me Vanity and Lies, and whatever else is prejudicial to me; grant that I may love thy Law, and delight my  
C 5 self

self therein all the day long: For I have sinned against thee, and dealt very wickedly, and have added to the number of my Fore-fathers numberless Transgressions; and instead of bringing forth the fruits of Righteousness and Holiness, I have turned all thy Blessings, Graces, and Mercies into Wantonness. So that I have provoked thine anger from the first time I came into this World, to this very hour; but, O Lord, I beseech thee, preserve me from Sin for the time to come, for without thy Grace preventing me, I cannot but sin: visit me therefore, O Lord,  
with

with thy Salvation, that I may live undefiled in the way of thy Commandments, and see the felicity of thy chosen, and rejoyce and give thanks with thine Inheritance. To this end send thy Holy Spirit into my Heart, to teach me to deny all ungodliness and worldly lusts, and to live soberly, righteously, and godly in this present evil World, and to have always in remembrance the great account which I am to give at the last day, before the Tribunal of the Almighty. Lord, fit me for the hour of Death, that I need not fear the day of Judgment. *Amen.*

ME



## MEDITATION VIII.

*Of the Almighty's Protection.*

**W**Hoso dwelleth  
under the de-  
fence of the most high  
shall abide under the sha-  
dow of the Almighty,  
*Pf. XCI. v. I.*

I.

Not unto us, O Lord,  
not unto us; but unto  
thine own blest name give  
all the Glory: When we  
have apply'd our utmost  
Cares, and used all the  
diligence that lies in our  
power: What can we do  
not look up to thee; and  
fe-

*Of the Almighty's, &c.* 55

second our endeavours with Prayers for thy blessings? When we have implored thy gracious mercy, and offer'd thee our dearest Sacrifice to obtain it, what can we do but submit our hopes, and expect the event from thy free goodness?

II.

We know, and thou thy self hast taught us; unless thou defendest the City, the Guard watches but in vain: We know, and our experience tells us, unless thou reach forth thy hand, we are presently in danger of sinking. Every moment of our day subsists by thee;

thee, and every step we take moves by thy strength. Even the Line we now repeat, must beg its breath of thee, and stop if thou deniest it. If thou deniest, who can compel thy Will, or call in question thy Decrees? Are we not all thy Creatures, O gracious God, and as helpless Children, hanging at the brest of thy Providences? Are we not all as clay in thy hands, to frame us into Vessels of what use thou pleasest?

III.

Behold, we confess, O Lord, in thee we live, in thee we move and have our being; all our sufficiency

ency p  
and ou  
on thy  
may tel  
should  
canst  
Others  
the par  
even t  
taught  
must b  
to act  
so all  
into th

Shou  
Lord, t  
and pr  
share  
mighty  
gainst  
infirm

ency proceeds from thee;  
and our Success depends  
on thy Favour. Others  
may tell us the way we  
should go; but thou alone  
canst enable us to walk.  
Others may instruct in  
the paths of Vertue; but  
even they must first be  
taught by thee: They  
must be moved by thee  
to act that Charity; and  
so all at last is resolved  
into thee.

IV.

Should we presume, O  
Lord, to divide thy Grace,  
and proudly challenge any  
share to our selves, thy  
mighty truth stands up a-  
gainst us, and our own  
infirmities plainly confute  
us.

58 *Of the Almighty's*

us. Shouldst thou severely examine our hearts, and ask who works all their actions in them, sure we must needs bow down our heads, and from our low dust humbly say, Nothing are we, O Lord, but what thou hast made us; nothing have we, but what thou hast given us: Only our sins are entirely our own; which, O may thy Grace extinguish for ever.

V.

O may all self-presumption die in us, and our whole confidence live only in thee: May even our frailties make us more strong; and our being

no-

nothing, teach us to be humble : so shall thy power, O God, be magnified in our weakness, and thy mercy triumph in the relief of our miseries.

We receive all we have of thee, and why should we boast as if we had it of our selves ? Thou art my Saviour, whom then shall I fear ? Thou art my Protector and Defender, of whom then shall I be afraid ?

VI.

Thus we depend, and happy are we in this dependence, did we but know our own true interest : We and our whole concerns are deposited with

60 *Of the Almighty's*

with God; and where can we find a better hand to ensure them? Is he not wise enough to chuse safely for us, who disposes all Nature in such admirable order? Has he not power to go through with his purpose, who commands the wills of Men and Angels? Wants he perhaps an inclination to favour us, who desires our felicity more than our own hearts? He feeds the fowls of the Air, and cloaths the Lillies of the Fields. Without his Providence not a Sparrow falls to the ground. And shall we mistrust his Care for his Children? Under  
his

*Protection.*

his Government we have liv'd all this while, and can we now suspect he'll forsake us?

VII.

He has shewed his bounty in extraordinary Graces, and will he deny us his lesser blessings? He has freely bestowed on us his dearest Son; how shall he not with him give us all things else? All that are truly useful to carry us on our way, and bring us at length to his Eternal rest? If our necessities be the effects of our folly, we must not presume he'll maintain us in our sins. Rather we should strive to moderate our Appetites, and



62 *Of the Almighty's*

and Correct the Vices that  
have bred these Miseries.  
But if our wants be inno-  
cent and pressing, he'll  
sooner do a Miracle than  
break his Word; His  
Word, which he so of-  
ten has solemnly enga-  
ged, so often proved by a  
thousand experiments.

VIII.

Ask but the former A-  
ges, and they will tell you  
the wonders he wrought  
in favour of his Servants.  
He multiplied the Oil in  
the poor Widows Cruse,  
and fed his Prophet by  
the service of a Raven.  
He dried the Sea into a  
path for his people, and  
melted the Rocks to re-  
fresh

fresh their thirst. He made his Angels Stewards of their provision, and nourisht them in the Wilderness with the bread of Heaven. Still, O my God, thy Eternal Charity retains the same affections for them that relie on thee; still thy all-seeing Wisdom governs the World with the same immense unalterable goodness. Nay, surely now the streams of thy mercy run more strong, and have wrought to themselves a larger Channel, since thou brought'st down the Waters from above the Heavens, and opened in thine own Body

64 *Of the Almighty's*

a Spring of Life, a Spring of Joy and Bliss, to revive our hearts, and overflow them with a torrent of everlasting pleasure.

*The Prayer.*

**O** Eternal God, we are not able of our selves to do any thing, without thy Almighty help. Let thy Providence watch over us, and guide us in all our ways, to thy Glory and our Spiritual benefit; and grant that we may not place our  
Joy

joys and hopes upon the things of this Life, which perish and cannot satisfie, but in thee, the fountain of all true felicities. Let thy mercy guide us in thy paths of Righteousness, and give us the fear of thy Name, and knit our Hearts unto thee, that neither Life nor Death, Principalities nor Powers, may ever be able to separate us from thee. And O thou who art full of Compassion and Mercy, long-suffering, and plenteous in goodness and truth, be thou always our Protector and Defender, to keep us from all evil both Ghostly and Bodily ; make us so run the ways

66 *Of the Almighty's, &c*  
ways of thy Command-  
ments, that by per-  
forming that Blessed Race,  
we may arrive to that  
Heavenly Kingdom prepa-  
red for all them that love  
and fear thee, through  
Jesus Christ our Lord,

and I know, but  
 has run to thee, that  
 the heart of Death, I  
 opposite for Powers, may  
 ever be, so to separate  
 we then meet, And O thou  
 the heart of Death, I

**MED**

MEDITATION IX.

*Love not the World.*

**L**ove not the World,  
neither the things that  
are in the World; If any  
man loves the World, the  
love of the Father is not in  
him, 1 John 2. 15.

I.

Why do we still pur-  
sue this World, and so  
eagerly seek its fond En-  
joyments? A World of  
vanity and false deceits,  
a World of misery and  
sad disasters, whose crof-  
ses are solid, and com-  
forts empty, whose sor-  
rows are permanent, and

D de.

68 *Love not the World.*

delights pass quickly a-  
way, a World where the  
Innocent are condemn'd  
with shame, and the guilt  
freed with great Ap-  
plause: where often the  
wicked are advanc'd to  
Honour, and the vertuous  
are oppress'd by disgrace;  
where Friends fall off, and  
kindred forget; and e-  
very one minds his private  
Interest.

II.

Yet are we taken with  
this crooked World, and  
blindly count its painted  
face; we make some un-  
lawful passion Mistress of our  
Heart, and neglect the  
pure and almighty love of  
Jesus, whose goodness to

*Love not the World.* 69

us gives us all we have;  
whose perfections in him-  
self are more than we can  
conceive: Thou art O  
Glorious Jesus, the Beau-  
ty of Angels, and the E-  
verlasting Joy of the  
Court of Heaven; thou  
art the Heav'n of Heav'n  
itself, and in thy Sight  
alone is the fulness of  
Bliss. All this thou art,  
and infinitely more, and  
yet alas, how few esteem  
thee!

**III.**

The World we dearly  
know too often has de-  
ceiv'd us, and our rash-  
ness teaches not to be un-  
done again. Thou never,  
O Jesus, hast fail'd our  
hope,



70 Love not the World.

hope, and our vaine  
fears to relie on thee;  
the World distracts and  
embroils our Spirits, and  
wretched we delight in  
our Misery: Thou always,  
O Jesu, fillest our hearts  
with Peace, and senseless  
we, are wearie of thy  
happiness: The World  
calls, and we faint in fol-  
lowing it: Thou call'st,  
and we are still reliev'd  
by thee; yet is our Na-  
ture so ingratelully per-  
verse, we run after that  
which tires, and aban-  
don that which refreshes.  
Sometimes our Lips speak  
gloriously of thee, O thou  
living Fountain of Eter-  
nal Bliss: Some happy  
times

*Love not the World.* 91

times we relish thy sweetness, and decry aloud the Poison of the World; but we are soon inticed by its gilded Cup, and easily forsake the waters of Life.

**IV.**

O Blessed Jesu, who look'st upon thee all our frailties, to bestow on us thine own Perfections, teach us to prize the joys of Heaven, and part with all things to purchase thee: make all the pleasures of this Life seem bitter to our taste, as they are indeed pernicious to our health; let not their flatteries any more delude us, nor superfluous cares

72 Love not the World

perplex our minds; but may our chief delight be to think on thee, and all our Study to grow in thy Love; and let us use this World, as if we used it not: For the Fashion of this World passeth away; we are apt by a fond self-love to blame every thing but ourselves, while nothing can hurt us but our misplaced Affections.

V.

All this is true; and yet the World is lov'd, and our Nature inclines to affect its Vanities; 'tis lov'd, and so it justly deserves, did we understand its real value: Our

Life

life indeed seems mean and trivial, and all things about us troublesome and dangerous; yet, O my God, is their consequence excellent in this, that they are our only way of coming to thee? This World, and this alone's the womb that breeds us, and brings us forth to see thy light: This is alone the proper Machine, wherein thy hand has set our lives to learn the art of managing it right, and wind up our selves to thy Glorious Heaven.

VI.

O that we had that happy Skill! how soon would every thing help

forward to advance us.  
 Whether we eat or drink,  
 or whatever else an inno-  
 cent hand can undertake,  
 if we regard our faithful  
 end, and order all to the  
 Improvement of our  
 minds, they instantly  
 change their secular name,  
 & deservedly are prefer'd  
 to become religious. Rich-  
 es themselves, and impe-  
 rious Honour, have not  
 so perverse and fix'd a  
 malice, but a prudent use  
 converts them to Piety,  
 and makes them fit in-  
 struments of highest Bliss.

VII.

Our very delights, O  
 the goodness of our God  
 may so be temper'd with

*Love not the World.* 75

wise ally, that his mercy accounts them as parts of our duty, and fails not to give them their full reward, while they are entertain'd for the health of our Bodies, and the just refreshment of our wearied Spirits; and both our Bodies and Spirits constantly apply'd to gain new degrees of the love of Heaven. Thus, Gracious Lord, every moment of our lives may still be climbing up towards thee: Thus may we still proceed in thy Service, even then when we most of all serve our selves; and then it is indeed we best serve our

D 5 selves,

76 Love not the World

selves, when we are busi-  
est in what we call thy  
Service.

VIII.

Thou sweetly vouch-  
safest to stile that thy glo-  
ry, which in very truth is  
nothing but our Interest:  
thou kindly complainst  
we dishonour thy Name,  
when we onely mischief  
our own Souls. O Blessed  
Jesu, King of clemency,  
and great rewarder of eve-  
ry little Grace: Thou  
whom by all we can doe  
pretendst no gaines but  
bestow'st on us all thyself  
hast done. Thou who  
cam'st down from Heav'n  
to shew us a pattern, and  
mad'st us Free to worke  
for

for our own profit, in-  
crease our gratitude to  
consecrate all to thee,  
since all by thy bounty  
will redound to ourselves.  
Let us take our minds off  
from transitory things,  
and fix them on those  
which are Eternal.

*The Prayer.*

O Blessed Lord! cruci-  
fie the world unto  
me, & me unto the world;  
mortifie in me every lust,  
and deliver me from eve-  
ry temptation, and grant  
that I may never thirst af-  
ter any temporal advan-  
tage or prosperity of  
the wicked, but give me  
an



## 28 Of Man's Redemption.

an humble heart and a  
mind well compos'd, that  
I may not be overcome  
with Pride, nor overwhel-  
med with Cruelty; san-  
ctifie my words and lips,  
that I may never blas-  
pheme thy Holiness, but  
walk before thee in all  
godliness and honesty to  
my lives end. Amen.

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## MEDITATION X.

### Of Man's Redemption.

**I**N whom we have Re-  
demption through his  
blood, even the forgive-  
ness of Sins, Eph. 1. 14.

I.

Come now and hear,  
you that fear our Lord,  
and

and I will tell you what  
he has done for my Soul;  
Hear and I will tell you  
what he has done for  
yours, and the wonders  
of his bounty towards all  
the world. When we lay  
asleep in the shades of no-  
thing, his mighty hand  
awak't us into being;  
not that of Stones, or  
Plants, or Beasts, over  
which he has made us ab-  
solute Lords, but an ac-  
complish't Body and Im-  
mortal Spirit; and little  
inferiour to his Glorious  
Angels; he printed on  
our Souls his own simi-  
litude, and promised to  
our Obedience his own  
Felicity; he endued us  
with

## 80 Of Man's Redemption.

with appetites to live well  
and happy, and furnish  
us with means to satisfy  
those Appetites, creating  
a whole World to serve  
us here, and providing a  
Heaven to glorifie us here  
after.

II.

Thus didst thou favour  
us, O infinite Goodness!  
but we, what return did  
we make to thee? Blush, O  
my Soul, for shame at so  
strange a weakness, and  
weep for grief at so extreme  
an Ingratitude. We child-  
ishly prefer'd a trivial  
Apple before the Law of  
our God, and the safety  
of our own Lives; we  
fondly embrac'd a little  
pre-

Of Man's Redemption. 83

present Satisfaction before  
the pleasures of Paradise  
and the eternity of Hea-  
ven. Behold the unhappy  
Source of all our miseries,  
which still increaseth its  
streams as they went far-  
ther on, till they exacted  
at last a deluge of justice,  
to drown their deluge of  
iniquity; and here, alas,  
had been an end of man,  
a sad and fatal end of the  
whole World, had not  
our wise Creator foreseen  
the danger, and in time  
prevented the extremity  
of the ruin, reserving for  
himself a few choice  
plants, to replenish the  
Earth with more hopeful  
fruit; yet they grew  
quick-

## 82 Of Man's Redemption

quickly wild, and brought forth fowre Grapes, and their Childrens teeth were set on edge; quickly they aspired to an intollerable pride of fortifying their wickedness against the power of Heaven.

III.

Justice was now provok'd to a second deluge, and to bring again a cloud o're the Earth; but mercy discover'd a Bow in the clouds, and our faithful God remembered his promise, allaying their punishment with a milder sentence, and only scattering them from the place of their conspiracy; which yet his providence turn'd

*Of Man's Redemption.* 83

turn'd into a blessing, by making it an occasion of peopling the World. Still their rebellious nature disobeyed again, and neither fear'd his Judgments, nor valu'd his mercies; but with a graceless emulation propagated sin, as far as his goodness propagated mankind. Then he selected a private Family, and increas'd and govern'd them with a particular tenderness, giving them a law by the hands of Angels, and engaging their obedience by a thousand favours; but they neglected too their God and Heaven, and fell in love with the ways of death.

IV.

84 *Of Man's Redemption*

IV.

When thou had'st thus,  
O dearest Lord, try'd every  
remedy, and found our  
disease beyond all cure;  
when the light of nature  
prov'd too weak a guide,  
and the general Flood too  
mild a correction; when  
the miracles of *Moses*  
could not soften their  
hearts, nor the law of An-  
gels bring any to perfe-  
ction; when all was re-  
duc'd to this desperate  
state, and no imaginable  
hope left to recover us, be-  
hold, the Eternal Wisdom  
finds a strange expedient,  
the last and highest in-  
stance of Almighty love:  
himself he resolves to  
cloath

cloath with our Flesh, and  
come down among us, and  
die to redeem us.

V.

Wonder, O my Soul,  
at the mercies of thy Lord!  
how infinitely transcend-  
ing even our utmost wish-  
es. Wonder at the ad-  
mirable providence of his  
counsell, how exactly  
fitted to their great design;  
had he been less than God,  
we could never have be-  
liev'd the sublime myste-  
ries of his Heavenly Do-  
ctrine: had he been other  
than man, we must needs  
have wanted the power-  
ful motive of his holy ex-  
ample; had he been only  
God, he could never have  
suf-



## 86 Of Man's Redemption

suffer'd the least of those afflictions he so gloriously overcame; had he been meerly man, he could never have o'recome those infinite afflictions he so patiently suffer'd. O Blessed Jesu! both these thou art in thy self; be thou both these to us; be thou our God, and make us adore thee; be thou our leader, and make us follow thee.

### VI.

Soon as this blest decree was made, of sending the Son of God to redeem Mankind, immediately his goodness was ready to come

*Of Man's Redemption* 87

come among us, had our  
ungracious World been  
ready to receive him; but  
we as yet were too gross  
and sensual, and utterly  
incapable of so pure a law;  
we were immerst in cares  
and pleasures, and whol-  
ly indispos'd for so per-  
fect an obedience. While  
we were thus unfit for  
thee, O thou God of pure  
and perfect Holiness! thou  
graciously wert pleas'd to  
stay for us, and all that  
time prepare us for thy  
presence; from the begin-  
ning entertaining us with  
hope, and through every  
age confirming our Faith.  
How early, O my God,  
didst thou engage to re-  
lieve

88 Of Man's Redemption.

lieve us! The Seed of the Woman shall break the Serpents Head. How often didst thou repeat thy Promise to Abraham! In thy Seed shall all the Nations of the Earth be blessed.

VII.

How many times did thy mercy invent, by unquestionable tokens to give notice of thy coming? Behold, a Virgin shall conceive and bear a Son, and his name shall be called, God with us. A Branch shall shoot out of the Stock of Jesse, and from the root of that Branch shall spring a flower: The Spirit of our Lord shall rest upon him: the

Of Man's Redemption 89

the Spirit of wisdom, piety and fortitude; our Lord shall raise up a Prophet like Moses, and put his words in his mouth, and he shall teach us; and thou Bethlehem, who art little among the thousands of Judah, out of thee shall he come, that's to be the Ruler of Israel, whose goings forth are from the beginning, even from the days of Eternity. Hark, how the Eternal Father introduces his Son, commanding first all the Angels to adore him; thou art my Son, this day have I begotten thee; thou art my Son, and I will be thy Father; I will give thee

90 Of Man's Redemption.

thee the Gentiles for thine Inheritance, and the ends of the World for thy possession.

VIII.

'Tis too little, that thou raise up the Tribes of Jacob, and convert the dregs of *Israel*; thou art appointed a Light for the Gentiles, and a Saviour to the utmost parts of the Earth. Hark, how the ancient Prophets rejoyce in the *Messias*, and in soft and gentle words foretel his sweetness; he shall come down as Rain into a Fleece of Wooll, and as drops of Dew distilling on the Earth; he shall feed his Flock like a Shepherd.

herd, and gently lead those  
that are with young; he  
shall gather his Lambs  
with his Arms, and carry  
them in his Bosom; the  
bruised Reed he shall not  
break, nor quench the  
smoking Flax. Justice  
and Peace shall flourish in  
his days, and sin and  
death be destroyed for e-  
ver. Then shall the eyes  
of the blind be opened,  
and the ears of the deaf  
be made to hear; then  
shall the Tongues of the  
dumb be loosed, and the  
lame man leap like a  
Buck.

IX.

Thus did thy holy Ser-  
vants prophesie of thee;

E

thus

20 Of Man's Redemption

thus did their Children  
sing thy praises. Blessed  
be the Lord our God, who  
alone does wonderful  
things; and blessed be  
the Name of his Majesty  
for ever; his Dominion  
shall reach from Sea to  
Sea, and from the River  
to the end of the World;  
they who dwell in the  
Wilderness shall kneel be-  
fore him, and his En-  
emies shall lick the Dust;  
the Kings of *Tharsis* and  
the Isles shall offer him  
Presents; the Kings of *A-  
rabia* and *Saba* shall bring  
him Gifts; all the Kings  
of the Earth shall adore  
him, and all Nations do  
him Service.

X.  
For he shall rescue the  
Weak from the hand of  
the Mighty, the weak,  
who had none to help  
him: He shall be favou-  
rable to the simple and  
needy, and preserve the  
Souls of the Poor: He  
shall deliver them from  
Usury and Oppression,  
and their Name shall be  
honourable in his Sight:  
He shall live, and to him  
shall be given of the Gold  
of Arabia: They shall a-  
dore him perpetually, and  
bless him all day long. O  
thou Eternal King of Hea-  
ven and Earth, make good  
to thy Servants these hap-  
py Predictions: So rule



## 94 Of Man's Redemption.

us here, that we obey thy  
Grace: So favour us here-  
after, that we enjoy thy  
Glory.

### *The Prayer.*

**O** Most Glorious and  
Powerful Jesus! who  
with thine own right  
hand, and with thy holy  
Arm, hast thou gotten to  
thy self on our behalf the  
victory over Sin, Hell and  
the Grave. O let thy  
Mercy and Truth continu-  
ally preserve us: O how  
greatly are we wretches  
bound to fear thee, to  
love thee, to bless thee,  
to praise thee, to honour  
thee, and to glorifie thee,  
seeing

Of Man's Redemption. 95

seeing we are redeemed  
with such a Price, salved  
with such a Gift, cheared  
with so many Promises  
and Blessings of the same,  
Establish, O God, that  
which thou hast wrought  
in us; finish what thou  
hast begun, that we may  
be able to come into the  
fulness of thy Mercy:  
Make us through thy Ho-  
ly Spirit to understand, and  
through thee to discern,  
and with due honour, to  
reverence this high my-  
stery of Godliness, how  
God was manifested in  
the Flesh, justified in the  
Spirit, seen of Angels,  
preached unto the Gen-  
tiles, believed on in the

World, and received up  
 into Glory, where we  
 doubt not, but we shall  
 reign with him for ever  
 more. *Amen.*

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## MEDITATION XI.

*On the Frailties of  
 this Life.*

I.

**U**Nhappy we, the chil-  
 dren of the Dust!  
 why were we born to see  
 the Sun? Why did our  
 Mothers bring us forth to  
 misery, and unkindly re-  
 joyce to hear us cry?  
 Whither, alas! has their  
 error led us? In how sad

condition does our birth engage us? We enter the world with weeping eyes, and go out with sighing hearts; all the few dayes we live, are full of vanity, and our choicest pleasures sprinkled with bitterness: the time that's past is vanish'd like a dream, and that which is to come, is not yet at all.

H.

The present we are in, stays but a moment, and then flies away and never returns: already we are dead to all the years we have liv'd, and shall never live them over again; but the longer we live, the shorter is our Life, and

In the end, vve become a lump of Clay. O vain and miserable world, how sadly true is all this story: and yet alas! this is not all; but new complaints remain, and more, and worse: We begin our race in contemptible vveakness, and our vvhole course is a progress of dangers.

## III.

If vve escape the mischances of a Child, vve pass on to the rash adventures of Youth: If vve out-live these sudden Storms, vve fall into far more malicious calamities: Our own superfluous cares deliberately consume

us,

us, and the crosses of the world wear out our lives. Should we by strange success, o'come all these, and still bear up our prosperous head, we are sure at last, old age will find us, and bow our strength down to the Grave; the Grave from which no privilege exempts, nor any power controuls its Commands.

IV.

The Rich must leave their wealth behind them, and the great ones of the world be crumbled into dust; the beauteous face must be turn'd into rottenness, & the pamper'd Body becomes the Food of

E 5 worms

worms: the blisfull  
 must find a time to die,  
 though his full employ-  
 ment spares none to pro-  
 vide for't: Even the wise  
 and vertuous must sub-  
 mit to Fate, and the hours  
 of life it self be the Prison-  
 ers of Death. This  
 when I see, I weep, and  
 am afraid, since we all  
 must drink of the same  
 cold Cup: all must go  
 down to the same dark  
 Grave, and none can tell  
 how soon he may be taken  
 away. V. 16. OVER

To day we are in health  
 among our Friends and  
 affairs, and to morrow  
 arrested by the hand of  
 death: Nature may faint-  
 ly

ly struggle for a time, but must yield at last, and be buried in the Earth. At last we must take leave of our nearest Relations, and bid a long Farewel to all the World. Perhaps the people may talk of us a while, sometimes as we deserve, and often as they please: perhaps our Bodies once laid out of sight, we no more are remembered than if we had never been: only our good works follow us to the Grave, and faithfully groan with us beyond our Funeral.

The



## The Prayer.

**O** Lord God, I was nothing worth, and am in hazard to be worse than nothing: I was conceived in original Sin, more full of actual Transgressions, and was in the Womb a loathsome Substance: I am in the world a lump of Corruption, and I shall be in the Grave a prey for worms; but I know, sweet Jesus, thy Grace is sufficient for me, and thy mercy can express it self in my misery. Let thy mercy feed me, thy Hands deliver me from death, and snatch me from the jaws of Hell: and O  
Bless'd

Blessed  
precious  
by thin  
crifice,  
faction  
Banish  
passed  
And fu  
ternal  
Kingd  
troubt  
plex m  
death  
in life  
mission  
thy W  
marich  
Death  
to fai  
ven t  
Churr  
but h  
Bless'd

Blessed Jesus, through thy  
 precious Blood and Passion,  
 by thine all-sufficient Sa-  
 crifice, Oblation and Satis-  
 faction, reverse my deserved  
 Punishment, and convert my  
 passed Evils to present good,  
 and future Joys in thine E-  
 ternal and most glorious  
 Kingdom: O let not the  
 troubles of this Life per-  
 plex me, nor the horrors of  
 death affright me; but both  
 in life and death let my sub-  
 mission testifie, that thy bo-  
 dy Will is my Law: And  
 amidst the very Agonies of  
 Death, suffer not my Faith  
 to fail, nor my hope of Hea-  
 ven to deceive me, nor my  
 Charity to die before me;  
 but let my very Enemies be  
 for-

104 *Of a guilty Conscience,*  
*forgiven by my Prayers, for*  
*his sake who prayed for his*  
*Enemies, and whilst we*  
*were Enemies, died for us,*  
*even the Lord of Eternal*  
*Glory. Amen.*

*who lie asleep in the arms*  
*of death, awake and arise*

**MEDITATION XII.**

*deludes your sick heads*

*Of a guilty Conscience and*  
*Torments of Hell.*

*tears, and sadly look on*

**T**Heir Conscience also  
bearing witness, and  
their thoughts the mean  
while accusing or excu-  
sing one another, *Rom.*  
*2. 15.*

*They that fly abroad*

Why do you laugh, un-  
happy wretches, who tire  
your

your selves in the ways of  
 sin & ways that indeed  
 seem smooth at first; but  
 lead to danger, and end  
 in ruine. Why do you  
 boast your pleasant life,  
 who lie asleep in the arms  
 of death? awake, and chase  
 the dream away, that  
 deludes your sick heads  
 with empty fancies; awake  
 and fill your eyes with  
 tears, and sadly look on  
 your real miseries. Whi-  
 ther, alas! will your Souls  
 be hurried, when in cold  
 despair you sigh away your  
 last faint breath? and you

II.

They shall fly amazed  
 from the sight of Heav'n,  
 and hide their guilty selves  
 in

106 *Of a guilty Conscience,*  
in eternal darkness: there  
they shall dwell with in-  
tollerable pains, weeping  
and wailing, and lament-  
ing for ever. Their un-  
derstanding shall sit as in  
a deep dungeon, and think  
on nothing but its own  
calamities: their will shall  
be heightened to a mad-  
ness of desire, and perpe-  
tually rack't with the dis-  
pair of obtaining. Their  
memory shall serve but to  
renew their sorrows, and  
their souls be drown'd in  
a Sea of bitterness. They  
shall wish the Mountains  
to fall upon them, and cry  
to the Hills to cover them;  
but nothing shall fall on  
them but the wrath of  
God,

God, nor cover them, but  
their own Confusion.

III.

Their every Vice shall  
have its proper torment,  
prodigiously bred out of  
its own corruption. The  
Lascivious shall burn in  
inquenchable fire, perpe-  
tually flaming from their  
own passions. The Glut-  
ton and the Drunkard  
shall vainly sigh for a drop  
of water to coole their  
tongues. The furious cho-  
lerick shall rage like mad  
Dogs, and the Spiteful  
envious gnaw their own  
bowels. The Riches of the  
covetous shall be as thorns  
in their sides, and the  
proud be thrown down  
to

108 *Of a guilty Conscience,*  
to the bottom of con-  
tempt. The slothful shall  
miserably deplore their lost  
time, and languish with  
grief for their stupid neg-  
ligence.

IV.

But, O what horrid  
pangs shall seize them all,  
and wound and pierce the  
very center of their Souls!  
when they shall see them-  
selves eternally deprived  
of the bright and blisful  
vision of God. When they  
shall see themselves eter-  
nally banish'd from the  
sweet and gracious pre-  
sence of Jesus. That God  
who made them, to enjoy  
his glory: that Jesus who  
redeemed them to be heirs  
of

and Torments of Hell. 109

of his felicity: then shall they curse the day of their birth, and the unfortunate Companions that inveigled them to sin. They shall curse this vain deceitful world, and cry out with a desperate enraged fury, Are these the effects of those fond delires, whose enjoiment we made our chief felicity? Alas! what avail us, now our wanton liberties, and the fugitive pleasures we so eagerly pursued? What comfort receive we from those empty Honours, and faithless Riches we so highly esteemed? they all are vanish't away, like a Shadow, and as a Cloud  
of



110 *Of a guilty Conscience*  
of smoke that's scattered  
with the wind.

V.

But the remorse and punishment endures for ever, and torture our Spirits with perpetual Anguish. Thus shall they cry, and none regard to hear them; thus shall they mourn, and none be found to pity them. O sad expectance of a dissolute Life! O dreadful consequence of an impenitent Death! Eternally to long for what they never can enjoy, Eternally to suffer what they never can avoid. Blessed be thy gracious providence, O God, that with such tender care forewarns

## and Torments of Hell. III

warns us of our Dangers.

O save us too, dear Lord,  
from all those dangers :  
save us for thy mercies  
sake : save us, and make  
us fearful to do, what  
when we have done, will  
make us miserable to suf-  
fer : quicken our appre-  
hensions of the ruinous ef-  
fects of Sin ; and with thy  
terrible threatnings check  
our unbridled passions,  
that if thy glorious Pro-  
mises move not our hearts,  
the fear, at least, of Hell  
may fright us into Hea-  
ven.

### The Prayer.

**O** Lord I do confess, I  
am unworthy of the  
least

112 Of a guilty Conscience

least of all thy Mercies:  
 For my wickednesses have  
 gone over my Head, and are  
 as a Burthen too heavy for  
 me to bear: my Spirit is  
 sorrowful, and my heart is  
 heavy: my words are stopp'd  
 with Sighs, and my plaints  
 with Tears. O let thy Di-  
 vine Majesty bend down thy  
 gracious Eye of pity, and  
 forgive me my Sins, the un-  
 happy ground of all this  
 woe; where my misery hath  
 thus abounded, there let  
 thy mercy much more a-  
 bound: keep me. I beseech  
 thee from despairing of thy  
 mercy, or slighting thy Pro-  
 vidence: thou art a skilful  
 Physitian, and canst cure all  
 my Infirmities: thou art  
 merciful.

merciful God, and canst forgive all my Sins: thou wilt not break the bruised Reed, nor quench the smoaking Flax. O Lord, speak peace always unto my Soul, and say unto it, I am thy Salvation: and this I beg for Jesus Christ his sake, my Lord and Saviour. Amen.

### MEDITATION XIII.

Of the State of the Godly.

**A**Ccording as his Divine Power hath given unto us all things that pertain unto life and godlinefs, through the knowledge of him that hath

hath called us to Glory  
and Vettue, 2 Pet. 1. 3.

## I.

Why do you mourn,  
you Children of the Light,  
to whom belong the Pro-  
mises of Blifs? Who feed  
on the pleasant fruits of  
Piety, and the continual  
Feast of a good Consci-  
ence, who taste already the  
sweetness of hope, & here-  
after shall be satisfied with  
the fulness of Fruition:  
what can molest your hap-  
py state, whom the God of  
Glory has chosen for him-  
self? whom he has adop-  
ted into his own Family,  
and design'd for Heirs of  
the Kingdom of Heaven;  
that Blessed Kingdom,  
where

where a  
md for  
banish't

Where  
grow  
flourish  
youth,  
where  
with c  
dwell f  
ever:  
shall be  
no mo  
the dar  
where  
be cro  
more  
own P  
rene tr

where all delights abound,  
and sorrow and tears are  
banish't quite away.

II.

Where none are sick,  
grow old, or die, but  
flourish in health, and  
youth, and immortal Life:  
where none are perplext  
with cares or fears, but  
dwell secure and free for  
ever: where we no more  
shall be subject to chance,  
no more be expos'd to  
the danger of Tentation:  
where we no more shall  
be crost by others; no  
more disquieted by our  
own Passions; but a se-  
rene tranquility perpetu-

F

ally

ally within us, and innumerable joys all round about us.

III

Joy in the excellency of our glorify'd Bodies; joy in the perfections of our enlarg'd Souls; joy in the sweet Society of Saints; and Joy in the glorious company of Angels: joy in the ravishing sight of our beloved Jesus: joy in the blissful Union with the adored Deity: all shall be joy and love and peace, and all endure for eternal Ages. Let then the impenitent Sinner be frightened with fear,

feare, and the obdurate  
Heart break asunder with  
grief; but for the hope-  
ful Innocent, let them  
always be glad, and the  
Servants of Jesus rejoyce  
and sing.

IV.

Sweet is the Yoke of  
thy love, O Lord, and  
light the Burthen of thy  
Commands; but O, how  
far more rich are thy faith-  
ful Promises! How infi-  
nitely greater thy glorious  
Rewards! When every  
vertue shall wear its pro-  
per Crown, and shine  
with a Diadem fit for its  
own head: the humble



there shall be highly exalted, and the poor in Spirit prefer'd to be Kings: the meek shall possess that Holy Land, and the mourners be comforted with eternal Refreshments: the clean of Heart, shall see the God of Purity; and the lovers of Peace have the privilege of his children.

## V.

They who hunger and thirst after Heav'n shall be fill'd, and the merciful entertain'd with the Embraces of Mercy: they who suffer persecution shall abundantly be rewarded,

ded, and enlightners of others shine bright as the Stars: they who relinquish any thing for God, shall receive a hundred fold, and all the just be in Glory for ever. Then shall they bless the true Friend that reprov'd them, and the charitable hand that assisted to their happiness: they shall bless the provident mercies of their God, and sing aloud the victories of his Grace. Is this the effects of those little pains we took? Are these the repairs for those petty losses we suffered? Happy we, who deny'd our selves toys, and now are advanc'd to these high felicities.

## VI.

Millions of years shall  
 pass away, and our glo-  
 ry shall seem but then to  
 begin: Millions of milli-  
 ons shall pass away, and  
 our glory shall be no near-  
 er its end. Thus shall  
 they all rejoyce and none  
 disturb them: thus shall  
 they sing, and all the Hea-  
 vens joyn with them. O  
 sweet expectance of a pi-  
 ous Life! O happy con-  
 sequence of a holy death!  
 eternally to be freed from  
 whatever can afflict! E-  
 ternally to enjoy whate-  
 ver can delight! we shall  
 hereafter adore thy Bles-  
 sed

sed Self, and sing eternally  
the wonders of thy glory

VII.

Blest be thy gracious  
Providence, O God, that  
with so large a bounty  
woes us to our happiness:  
woes us in a way we are  
so apt to be taken: the  
love of our selves, and our  
own great interest, as thou  
hast prepar'd such Felici-  
ties for us: O may thy  
grace prepare us for them!  
O may this best of works  
take up all our time! at  
least, take up the best of  
our time, at least every  
Morning, let us renew our,

hope, and close the Evening with the same sweet thoughts: let us not faint, and we surely shall see a prosperous Issue out of all our sorrows. Still let us labour: still let us suffer; our troubles are short, and our joys eternal.

*The Prayer.*

**O** Eternal God, my heart and my tongue shall always praise thee, and glorifie thy Holy Name; thy loving kindness is better than Life it self. O let the Day-spring of thy favour, visit me from on high, that I may seek thee with an early De-

Devotion, and pursue after thee with a constant and an active industry, now while it is called to day, before the night cometh wherein no man can work. O when shall I come and appear before thee: when shall I come and behold thy Spacious Courts, where thou art attended with Millions of Angels, and beautified Spirits? O give me thy help, that I going through this vale of misery, the Pools may be filled with Water, my heart and my eyes may run over with tears of Repentance, and overflow with sorrow and contrition for my sins,

that I may be prepar'd  
 with Faith and Repen-  
 tance, as with a Wedding  
 Garment, against the time  
 that thou, O Lord, shalt  
 call for me out of this  
 sinful World; and in the  
 mean while, let me fly  
 from Sin as from a Ser-  
 pent, and from unrighte-  
 ousness as from a Cocka-  
 trice, and above all things  
 seek thy Glory, that when  
 this mortal life is ended,  
 I may then be made par-  
 taker of Immortality, and  
 Life Eternal, in thy most  
 blessed and glorious King-  
 dom. *Amen.*

**MEDITATION XIV.**

*The Soules Choice.*

**M**Y Soul, wait thou  
only upon God, for  
my hope is in him, *Psal.*

62. 5.

**I.**

Come now my Soul  
and chuse; for Life and  
Death are set before thee:  
chuse while thy gracious  
Lord allows thee day, lest  
the night of darkness o-  
vertake thy neglect: chuse,  
but remember thy Eter-  
nity is concern'd; and  
examine e're thou mak'st  
thy resolve: call all the  
plea-



126 *The Soul's choice.*

pleasures of the World before thee, and ask if any of them be worth such pains? Ask if the vain, forbidden things thou lovest deserve thy affections better than thy Maker.

II.

Are they more worthy in themselves, or beneficial to thee, that thou can'st prefer them before thy Redeemer? Dost thou expect to be quiet by enjoying them? Or everlastingly happy by their Procurement? Will they protect thee at the hour of Death, or plead thy cause at the day of Judg-

Judgment? O no, they  
but deceive me with a  
smiling look, which I too  
often have prov'd by dear  
experience; 'tis Heaven  
alone that yields a true  
content: 'tis Heaven a-  
lone that fills us with de-  
light.

III.

Take then away your  
Flatteries, false World!  
and leave me free for bet-  
ter thoughts: turn thou  
thy Face to me, dear Je-  
su, and keep mine Eyes  
still turn'd towards thee,  
that I may look continu-  
ally on thy glorious Beau-  
ty, and be ravish'd for e-

ver

ver with the charms of  
 thy sweetness: 'tis thee,  
 chaste Spouse of Souls: 'tis  
 thee alone I chuse, and  
 dedicate my self entirely  
 to thy Service: thou art  
 my sole and absolute Lord,  
 be thou my part and In-  
 heritance for ever. But  
 O my dearest Lord! do  
 thou chuse me, and guide  
 my uninstructed Soul to  
 chuse thee: O make me  
 chuse to love thee till I  
 come to see thee; and  
 then I am sure I can-  
 not chuse but love thee,

but alas! we are  
 IV. *avoiding the*  
 the spirits of lust men

Here we, Halas! move  
 slowly in the dark, led on  
 by

by the argument of things  
not seem; but did we  
clearly see what we say  
we believe, we soon should  
change the course of our  
Life: did we but see the  
Damned in their Flames,  
or hear them cry in the  
midst of their Torments,  
how should we fear to  
follow them in their sins,  
which we know have  
plung'd them into all  
those Miseries? How  
should we strive against  
the next Temptation, and  
cast about to avoid the  
dangers, did we but see  
the glorious Angels, and  
all the Spirits of Just men  
made perfect? How should  
we study the art of hap-  
piness,

piness, and strive to imitate their good examples? How should we seek all occasions of Improvement, and make it our business to work out our Salvation?

## V.

Nay, did our Faith but firmly believe what we every one recite in the Apostles Creed, what would we do to attain those joys? What would we not do to escape those Sorrows? Would half an hour be too long to pray? or once a week to hear a Sermon? Would the pardon of an Injury be too hard

hard a Law, or the making restitution too dear a Price? Durst we return to our Sins again? or spend our time in Idleness and Folly? Yet is all this as sure as if we saw it, and would move us much if we seriously consider'd it.

VI.

If we consider'd what I'm sure we believe, we should never live as I'm sure we do. Which of us doubts but e're long we shall all be dust? Yet which of us lives as if we thought to die? Pity, O gracious Lord, the Frailties

ties of thy Servants, and suffer not our blindness to lead us into ruine. Supply our want of sight by a lively faith, and strengthen our Faith by thy powerful Grace: make us remember 'tis no Childrens sport, to gain or lose the Kingdom of Heav'n: make us chuse wisely, and pursue our choice, and use as well the means, as like the End.

## VII.

O set thou right the Bias of our Hearts, that in all our motions we may draw off from the World: that we may still in-

incline towards thee, and  
rest at last in thy Holy  
Presence. Thou art our  
Lord, and we will serve  
thee in fear: thou art our  
God, and we will love  
thee in hope: What will  
it profit us to gain the  
whole World, and lose  
our own Souls? Or,  
what shall we give in ex-  
change for our Souls?

*The Prayer.*

**O** God whose Wise  
Government re-  
serves Eternal Joys  
for those which love  
thee and keep thy Com-  
man-



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mandements; thy Pro-  
vidence hath so order'd  
and commanded, that  
the inordinate Affecti-  
ons of every one shall  
be his punishment: for  
as we sow, so shall we  
reap, and as the Tree  
falls, so shall it lie:  
thy Grace, O Lord,  
is the seed of Glory, and  
Sin the Root of Mi-  
sery: he that sows in  
the Flesh, shall reap  
Corruption, and he  
that sows in the Spi-  
rit Life Everlasting.  
O my Soul how many  
thousands have been  
sur-

The  
surp  
of  
ried  
last  
we,  
time  
guil  
has  
Ind  
no  
giv  
sera  
art  
be  
end  
Ble  
tha  
O  
and

The Souls choice. 135

surprized in the midst  
of their Sins, and hur-  
ried away into Ever-  
lasting Sorrows? And  
we, alas! how many  
times have we been  
guilty, and yet our God  
has spar'd us? O my  
Indulgent Saviour!  
no other reason can I  
give why I'm not mi-  
serable, but that thou  
art merciful. Blessed  
be thy Patience that  
endures so long, and  
Blessed be thy Grace  
that delivers at last.  
O Blessed be my God,  
and Blessed be thy  
Pro-

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Providence for ever,  
 which so plentifully fur-  
 nishes with rules of  
 Grace and Vertue, and  
 so safely guides all those  
 Souls to happiness, who  
 chuse to live under thy  
 sweet Government. As  
 thou hast shown us the  
 way, Lord give us  
 strength to walk in it,  
 and bring us in the  
 End to thy Eternal  
 Rest: Make us seri-  
 ously to reflect on every  
 Line we repeat, and  
 love Truth when it  
 most reproves us: make  
 us labour to correct e-  
 very

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every Errour of our  
Lives, and always hum-  
bly implore thy Graci-  
ous Assistance, through  
Jesus Christ our Lord.  
Amen.

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FINIS

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The Bible choice  
every person of our  
land and every  
place the Bible  
our assistance, through  
Jesus Christ our  
Savior.

FINIS

